

Session Info

CLASS TYPE

☐ Fundamentals ☐ All Levels

TIME

DURATION (MIN)

INSTRUCTOR

☐ Advanced ☐ Open Mat ☐ Private

Techniques Drilled

POSITION	TECHNIQUE NAME	REPS	QUALITY (1-5)	KEY DETAILS / NOTES

Sparring Rounds

RD	PARTNER	DURATION	START	END	SUB (A/L)	SWEEP (A/L)	PASS (A/L)	NOTES
1								
2								
3								
4								
5								
6								

Position Key: G = Guard, M = Mount, SC = Side Control, B = Back, T = Turtle, S = Standing

Session Sparring Totals

	ATT	LAND	DEF	POSITION TIME ESTIMATE (% OF ROLLING)					
Submissions				Guard (Play)		%	Mount (Top)		%
Sweeps				Guard (Pass)		%	Mount (Bot)		%
Passes				Side Ctrl (T)		%	Back (Have)		%
Takedowns				Side Ctrl (B)		%	Back (Give)		%
Escapes									

Physical & Mental State

PHYSICAL STATE (CIRCLE ONE)

1

Exhausted

2

Tired

3

Normal

4

Good

5

Peak

Energy Before

Energy After

SORENESS / INJURY NOTES

MENTAL STATE (CIRCLE ONE)

1

Frustrated

2

Distracted

3

Neutral

4

Focused

5

Flow State

FOCUS LEVEL DURING CLASS (1-5)

MINDSET NOTES

Session Insights

WHAT WORKED WELL TODAY?

WHAT NEEDS WORK?

KEY INSIGHT / BREAKTHROUGH / QUESTION FOR INSTRUCTOR

Goals Check

TODAY'S FOCUS GOAL (BEFORE CLASS)

ACHIEVED?

☐ Yes ☐ Partial ☐ No

FOCUS FOR NEXT SESSION
