

Training Volume

<div>Mon</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Tue</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Wed</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Thu</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Fri</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Sat</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>	<div>Sun</div> <div><input type="checkbox"/> Trained</div> <div>mins:</div>
SESSIONS THIS WEEK		PLANNED SESSIONS		TOTAL MINUTES		SPARRING ROUNDS

Technique Focus This Week

POSITIONS WORKED

<input type="checkbox"/> Guard (Playing)	<input type="checkbox"/> Mount (Top)
<input type="checkbox"/> Guard (Passing)	<input type="checkbox"/> Mount (Bottom)
<input type="checkbox"/> Side Control (Top)	<input type="checkbox"/> Back (Attacking)
<input type="checkbox"/> Side Control (Bottom)	<input type="checkbox"/> Back (Escaping)
<input type="checkbox"/> Turtle (Top)	<input type="checkbox"/> Standing
<input type="checkbox"/> Turtle (Bottom)	<input type="checkbox"/> Half Guard

KEY TECHNIQUES DRILLED (LIST TOP 3-5)

TECHNIQUE	TIMES

Weekly Sparring Statistics

	ATTEMPTED	LANDED	DEFENDED	RATE %
Submissions				
Sweeps				
Passes				
Takedowns				
Escapes				

MOST COMMON SUBMISSIONS (LANDED)

MOST COMMON SUBMISSIONS (CAUGHT BY)

DOMINANT POSITION THIS WEEK

WEAKEST POSITION THIS WEEK

Goals Review

THIS WEEK'S GOAL

GOAL ACHIEVEMENT

0%25%50%75%100%

WHAT PREVENTED FULL ACHIEVEMENT?

CARRY FORWARD TO NEXT WEEK?

☐ Yes☐ No

Wins & Lessons

WINS THIS WEEK (TECHNIQUES THAT WORKED, BREAKTHROUGHS, PRS)

LESSONS LEARNED (WHAT DIDN'T WORK, MISTAKES, INSIGHTS)

Weekly Review (continued)

Week #: _____ Month: _____

Physical State Summary

AVERAGE ENERGY LEVEL (1-5)

AVERAGE RECOVERY (1-5)

SLEEP QUALITY AVG (1-5)

INJURIES / SORENESS TO MONITOR

Next Week Planning

PRIMARY GOAL

PLANNED TRAINING DAYS

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

QUESTIONS FOR INSTRUCTOR

TECHNIQUE FOCUS

Additional Notes