

Training Volume Summary				
TOTAL SESSIONS	TOTAL HOURS	SPARRING ROUNDS	SESSIONS PLANNED	ATTENDANCE %

WEEKLY BREAKDOWN			
<div>Week 1</div> <div>Sessions: ____</div> <div>Hours: ____</div> <div>Rounds: ____</div>	<div>Week 2</div> <div>Sessions: ____</div> <div>Hours: ____</div> <div>Rounds: ____</div>	<div>Week 3</div> <div>Sessions: ____</div> <div>Hours: ____</div> <div>Rounds: ____</div>	<div>Week 4</div> <div>Sessions: ____</div> <div>Hours: ____</div> <div>Rounds: ____</div>

Monthly Sparring Statistics					
	ATT	LANDED	DEF	SUCCESS %	TOP SUBMISSIONS LANDED
Submissions					1. _____ x ____
Sweeps					2. _____ x ____
Passes					3. _____ x ____
Takedowns					MOST CAUGHT BY
Escapes					1. _____ x ____
					2. _____ x ____

Position Analysis					
TIME SPENT BY POSITION (ESTIMATE %)					STRONGEST POSITION THIS MONTH
POSITION	%	COMFORT	TREND		_____
Guard (Playing)					WEAKEST POSITION THIS MONTH
Guard (Passing)					_____
Side Control (Top)					MOST IMPROVED POSITION
Side Control (Bottom)					_____
Mount (Top)					POSITION NEEDING FOCUS NEXT MONTH
Mount (Bottom)					_____
Back (Attacking)					
Back (Defending)					

Trend: ↑ improving, → same, ↓ declining

Technique Progress	
<div>NEW TECHNIQUES LEARNED</div> <div></div>	<div>TECHNIQUES NEEDING MORE WORK</div> <div></div>
<div>TECHNIQUES THAT LEVELED UP</div> <div></div>	<div>GO-TO TECHNIQUES (MOST RELIABLE)</div> <div></div>

Monthly Goals Review

THIS MONTH'S GOALS

ACHIEVEMENT LEVEL

0%25%50%75%100%

WHAT HELPED/HINDERED GOAL ACHIEVEMENT?

Physical & Mental State

Avg Energy

Avg Recovery

Avg Sleep

Avg Focus

INJURIES THIS MONTH

RECOVERY ACTIONS TAKEN

MENTAL HIGHLIGHTS (BREAKTHROUGHS, MOTIVATION)

MENTAL CHALLENGES (FRUSTRATION, PLATEAUS)

Month-Over-Month Comparison			
METRIC	LAST MONTH	THIS MONTH	CHANGE
Total Sessions			
Sparring Rounds			
Submission Success %			
Sweep Success %			
Pass Success %			

Next Month Planning

PRIMARY GOAL

POSITION FOCUS

TECHNIQUE TO DEVELOP

TRAINING FREQUENCY GOAL

PHYSICAL GOAL (STRENGTH, CARDIO, FLEXIBILITY)

QUESTIONS TO ASK / CONCEPTS TO EXPLORE

Additional Notes

BJJ Training Journal - Monthly Review | The Ouchie Method | ouchieorigami.com