

How to Use: Log each sparring session. Use tally marks (||||) for attempts (A) and successes (S). D = Defended against opponent. Calculate session totals, then transfer to weekly summary.

Position Key: G = Guard | M = Mount | SC = Side Control | B = Back | T = Turtle | S = Standing **Outcome:** W = Win/Tap | L = Loss/Tapped | D = Draw/Time

Date: _____ Duration: _____ min Rounds: _____ Class Type: _____

RD	PARTNER	START	END	SUB A	SUB S	SWP A	SWP S	PASS A	PASS S	ESC	NOTES
1											
2											
3											
4											
5											

SUBMISSIONS
Att Land Def

SWEEPS
Att Land Def

PASSES
Att Land Def

TAKEDOWNS
Att Land Def

ESCAPES
Att Made

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BEST MOMENTS THIS WEEK

AREAS TO IMPROVE