

| DATE | LOCATION | |
|--------------------------------------|---------------------|--|
| TODAYS PURPOSE | | |
| TRAINING SESSION PLAN | MY SHOT CYCLE | |
| WHAT DID I LEARN? | | |
| HOW CAN I IMPROVE & PROGRESS FASTER? | | |
| WHAT DID I DO WELL? | | |
| ONLINE | | |

ARCHERY ACADEMY

| DATE | LOCATION |
|---|---------------------|
| TODAYS PURPOSE | |
| TRAINING SESSION PLAN | MY SHOT CYCLE |
| WHAT DID I LEARN? | |
| HOW CAN I IMPROVE & PROGRESS FASTER? | |
| WHAT DID I DO WELL? | |