

DATE	LOCATION	
TODAY'S PURPOSE		
TRAINING SESSION PLAN	MY SHOT CYCLE	
WHAT DID I LEARN?		
HOW CAN I IMPROVE & PROGRESS FASTER?		
WHAT DID I DO WELL?		
ADOLLED A A A DELIV		

ARCHERY ACADEMY

DATE	LOCATION
TODAY'S PURPOSE	
TRAINING SESSION PLAN	MY SHOT CYCLE
WHAT DID I LEARN?	
HOW CAN I IMPROVE & PROGRESS FASTER?	
WHAT DID I DO WELL?	