GAINSLINGER HUMAN PERFORMANCE

Performance Analysis Journal

Event: _____

Date: _____

Location: _____

Conditions: _____

Objective:_____

_____

% of time I stuck to my mental objective: _____

% of time I stuck to my technical objective: _____

What I *did* today & what I learned:_____

_____

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GAINSLINGER HUMAN PERFORMANCE

Performance Analysis Journal (cont'd)

I am *looking* for a solution to:_____

_____

_____

What I did *well* today: _____

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Goal Declaration:_____

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