Training Journal
Archery

For Archer

SEASON / PERIOD

TRAINING JOURNAL
Words of wisdom
Next arrow counts
Don't do stupid stuff
Equipment
Golden moments
Success

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ISBN: 9798667541592

This training journal is an appendix to the book about mental training “Choose to be a winner”

Vælg at være en vinder
Jens Fudge

See more at https://choosetobeawinner.com/english

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Perfect training

Details

Daily

Side ideas

Equipment

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Scoresheet – target face

PERFECT TRAINING

In the section on perfect training you can describe whatever it takes to get a perfect training session. You probably won't change or add much to this section once you have it figured out. And you'll probably just copy from the prior training journal. There are three sub sections here, before, during and after. That could contain bullets like a good night's sleep before training, bring water, bring sunscreen, switch off phone, warmup, stretching, hang out with friends and teammates, and whatever you come up with.

BEFORE TRAINING

DURING TRAINING

AFTER TRAINING

DETAILS

This is where you write the details on your shooting. With your own words describe which movements you have to shoot. The purpose of the section is for you to put words to the movements, so you can read them again to remind you what a shot is. Details can be prioritised.

DETAILS	PRIORITY
	🏹 High 🏹 Medium 🏹 Low
	🏹 High 🏹 Medium 🏹 Low
	🏹 High 🏹 Medium 🏹 Low
	🏹 High 🏹 Medium 🏹 Low
	🏹 High 🏹 Medium 🏹 Low

DETAILS	PRIORITY
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	🏹 High 🏹 Medium 🏹 Low
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DETAILS	PRIORITY
	High Medium Low
	High Medium Low
	High Medium Low
	High Medium Low
	High Medium Low

DAILY

This section is where to write your daily training. Date, weather, type of training (Cardio, strength, mental, technique), what you specifically trained, how it went by your gut feeling, what was the goal of the training, did you achieve it? Can anything be improved? What can be improved?

Date: Weather: 🌧 🌦 ⛅ 🌤 🌞

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date:

Weather: 🌧 🌦 ⛅ 🌤 ☀

Location:

Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

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Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

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Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

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Cardio ☐ | Strength ☐ | Mental ☐ | Technique ☐ | ☐ | ☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date:

Weather: 🌧 🌦 ⛅ 🌤 ☀

Location:

Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

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Date: Weather: 🌧 🌦 ⛅ 🌤 ☀

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

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Location: Coach:

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Cardio ☐ Strength ☐ Mental ☐ Technique ☐ ☐ ☐

Goal

Goal accomplished

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Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

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Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

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Warm up

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Goal

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Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

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Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

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Cardio ☐ Strength ☐ Mental ☐ Technique ☐ ☐ ☐

Goal

Goal accomplished

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Warm up

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Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

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Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

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Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date: Weather: 🌧 🌦 🌥 🌤 ☀

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date: Weather: 🌧️ 🌦️ ⛅ 🌤️ ☀️

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹️

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹️

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹️

Notes

Date: Weather: 🌧 🌦 ⛅ 🌤 ☀

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date:

Weather: 🌧 🌦 ⛅ 🌤 ☀

Location:

Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date: Weather: 🌧 🌦 ⛅ 🌤 ☀

Location: Coach:

Mood before start 😃 😊 🙂 😐 🙁 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 🙁 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 🙁 ☹

Notes

Date: Weather: 🌧 🌦 🌥 🌤 🌞

Location: Coach:

Mood before start 😃 😊 🙂 😐 😕 ☹

Cardio ☐	Strength ☐	Mental ☐	Technique ☐	☐	☐

Goal

Goal accomplished

10	20	30	40	50	60	70	80	90	100

Warm up

Mood during 😃 😊 🙂 😐 😕 ☹

What went well?

What can be improved?

Mood after 😃 😊 🙂 😐 😕 ☹

Notes

SIDE IDEAS

During competitions and training sessions, you sometimes get ideas that interrupts what you are doing. Maybe you want to keep those ideas and thoughts for later processing. Write them down here so they are safe while you concentrate on the competition or training session.

Side Ideas

Side Ideas

Side Ideas

Side Ideas

Side Ideas

EQUIPMENT

In this section you can write down everything about your equipment. Everything from the brace height, sight marks, plunger settings, number of strands in the string to the brand and spine arrows you shoot, which hat you wear, and what kind of release you use.

Equipment – Bow

Equipment – Bow

Equipment – other archery

Equipment – Clothing

Equipment – Everything else

UPCOMING COMPETITIONS

If you have any planned and upcoming tournaments, put them here. Also enter the importance of each competition, and your goals (process goals are better than point goals).

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:	Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 ☀

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:	Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 ☀

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 ☀
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 ☀
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:	Date:
Location:	
Goal	
Importance: ↑ ↗ → ↘ ↓	Weather: 🌧 🌦 ⛅ 🌤 🌞
How did it go?: 😃 😊 🙂 😐 🙁 ☹	
Notes:	

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

Tournament:

Date:

Location:

Goal

Importance: ↑ ↗ → ↘ ↓

Weather: 🌧 🌦 ⛅ 🌤 🌞

How did it go?: 😃 😊 🙂 😐 🙁 ☹

Notes:

WORDS OF WISDOM

If you think up some good words of wisdom or someone else tells you them, or even you read them in a book, here is where you can write them down. Words of wisdom might help you stay focused, or get focused.

Words of wisdom

Words of wisdom

Words of wisdom

GOLDEN MOMENTS

Golden moments are important. You feel that everything is running smoothly and you can hardly miss, you are happy and everything is just perfect. Or maybe you experience something at training or competition that has nothing to do with the sport, but still makes you really happy. Write down your thoughts and feelings as detailed as possible. You can use these golden moments for positive self-talk some other time.

Golden moments

Golden moments

Golden moments

Golden moments

Golden moments

SUCCESS

This is the place for rewards. An important part of the training journal. All your successes go in here It can be a success where you won the tournament and you write “I WON” all over the page. Or you shoot a personal best, or you finally beat that one opponent This is the place to write everything that is a success. Even stuff you can’t influence, like winning.

Success

Success

Success

Success

Success

SCORESHEETS

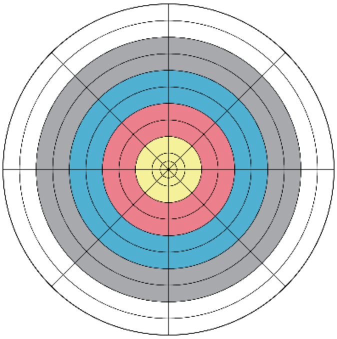
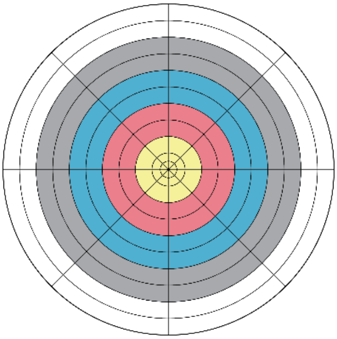
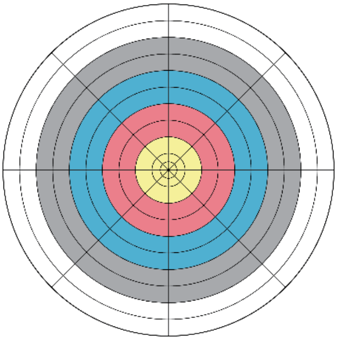
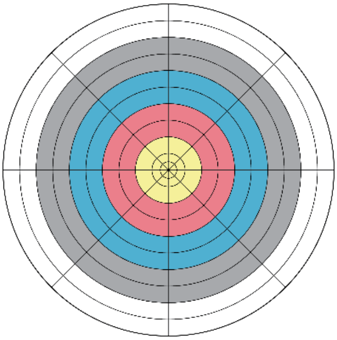
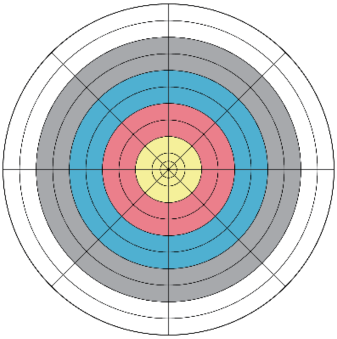
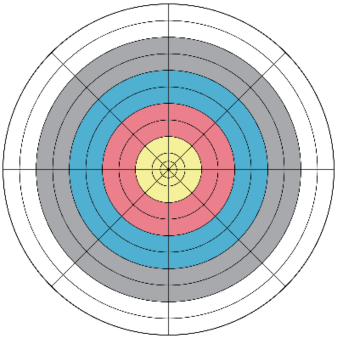
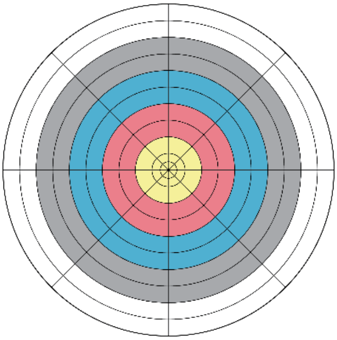
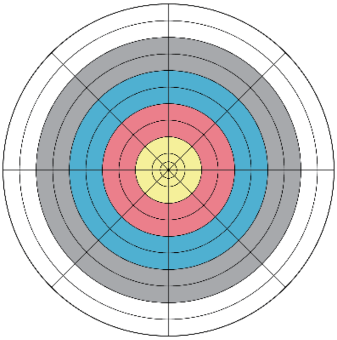
Here are some scoresheets and grouping target faces, you can use when tuning the bow, sorting arrows, or just score the arrows just because you want to score the arrows.

Date: ___________________ Distance: __________________

Sum

Date: ___________________ Distance: __________________

Sum

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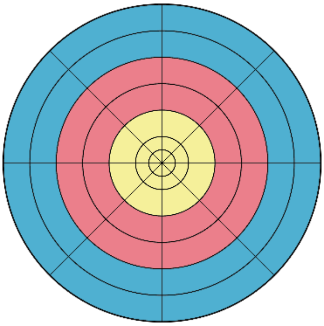
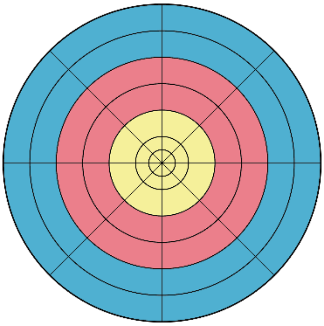
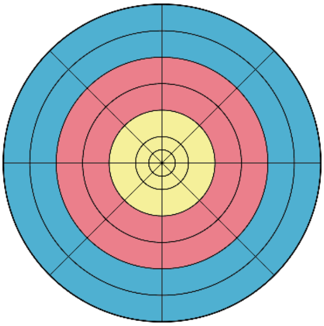
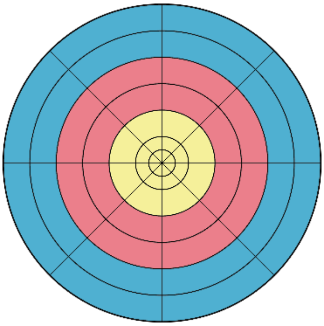
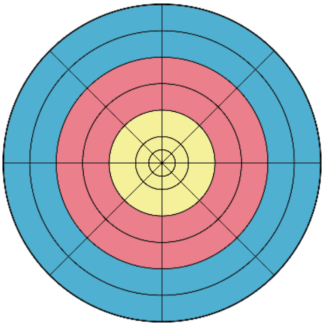
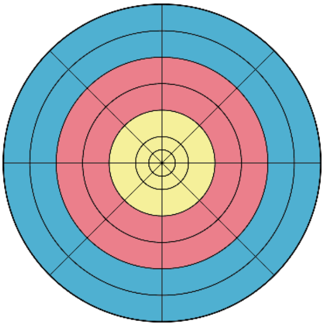
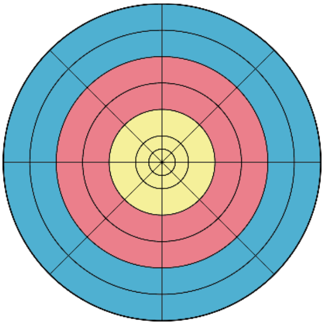
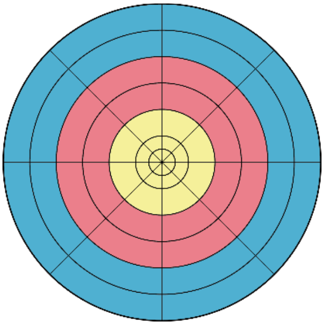

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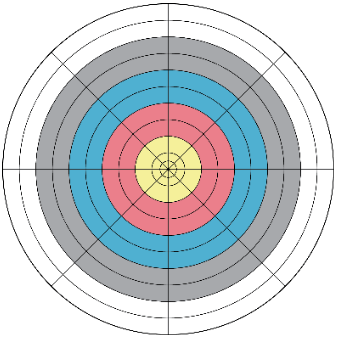

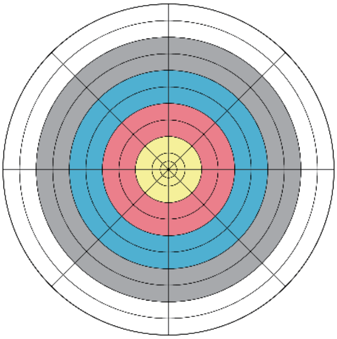

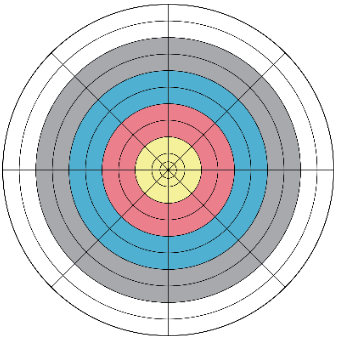

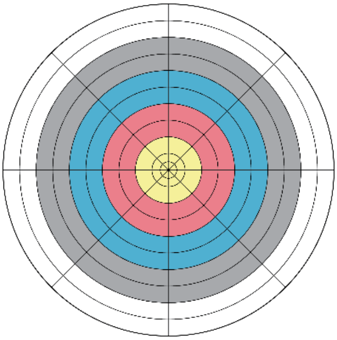

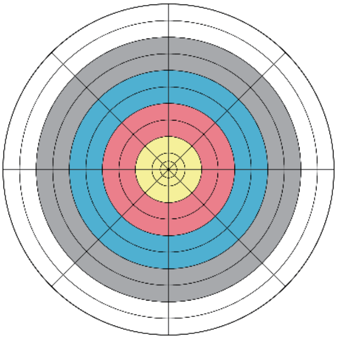

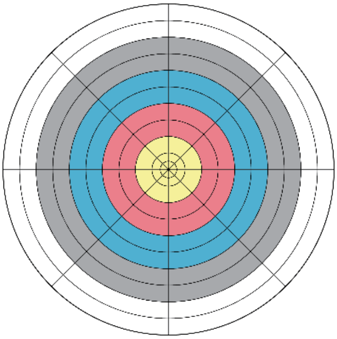

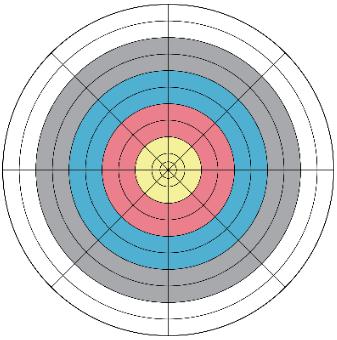

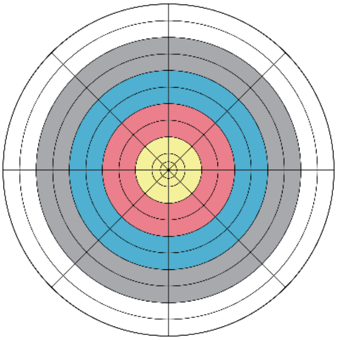

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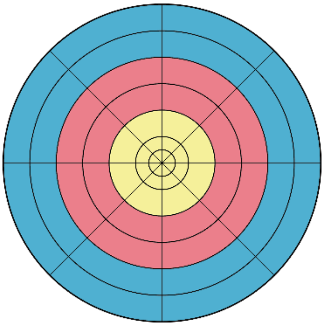

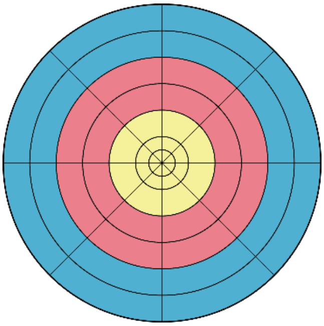

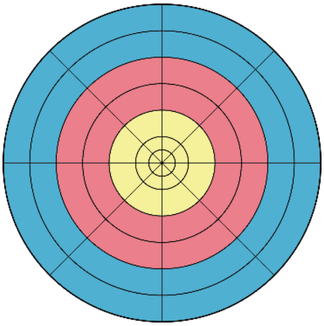

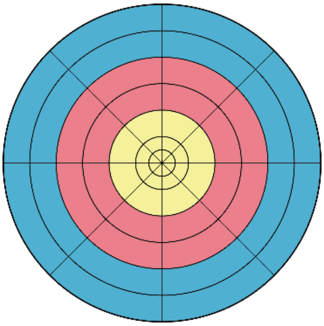

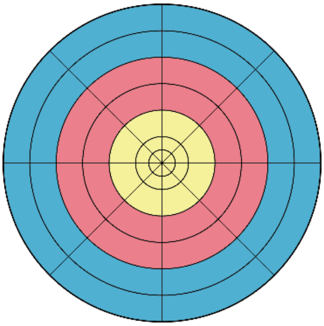

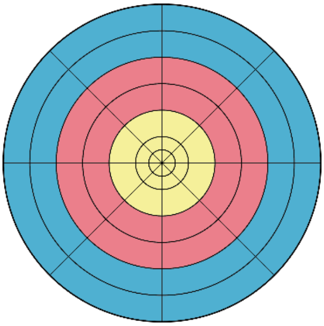

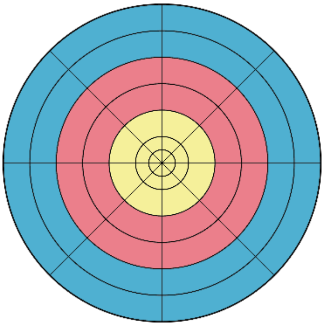

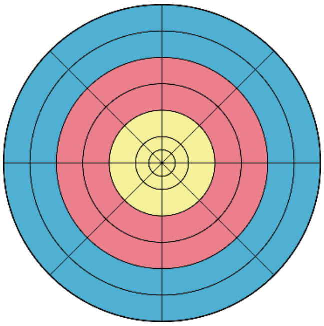

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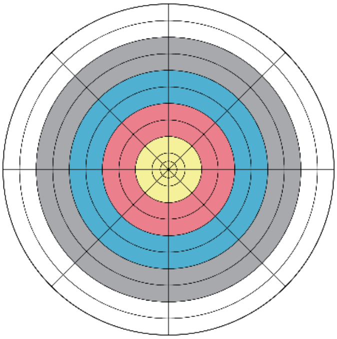

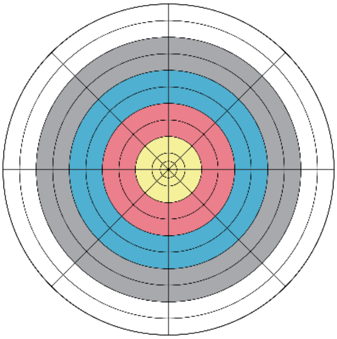

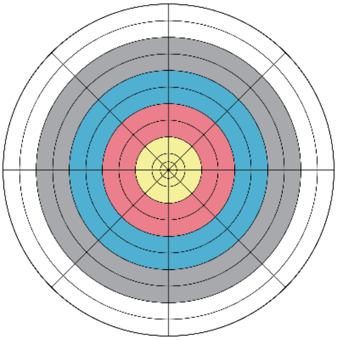

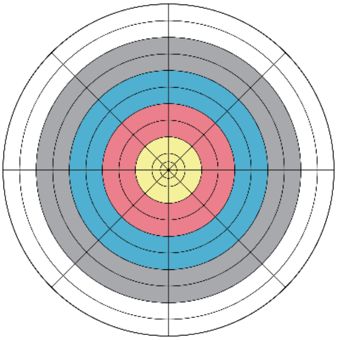

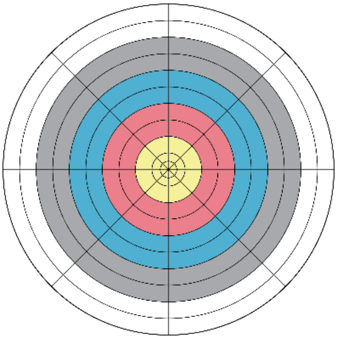

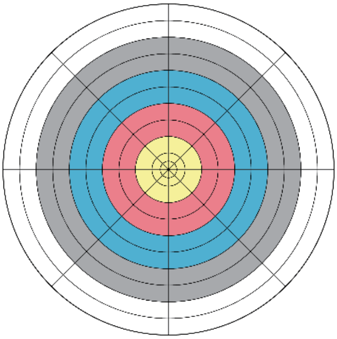

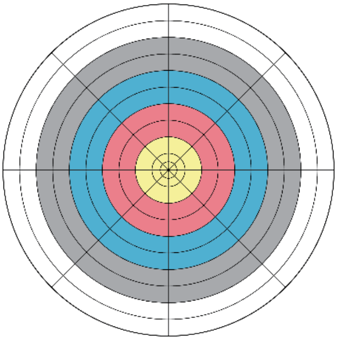

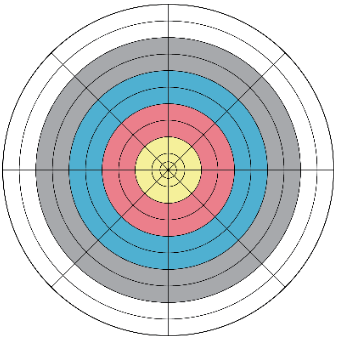

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Date: ___________________ Distance: __________________

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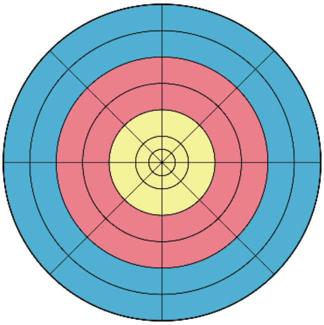

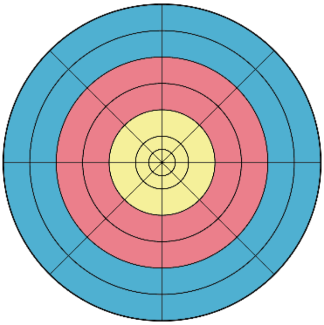

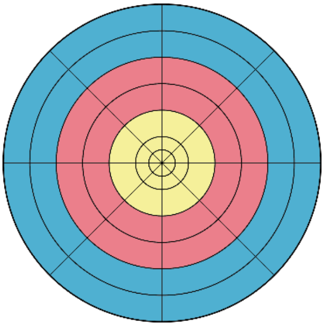

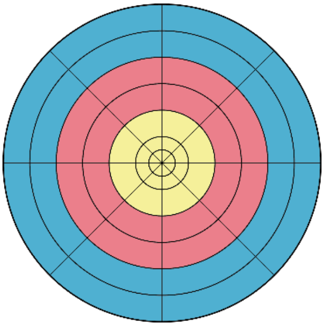

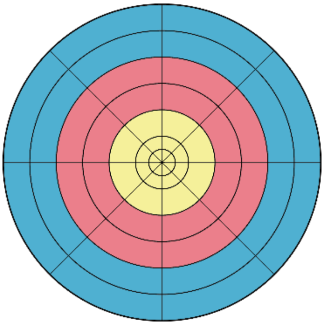

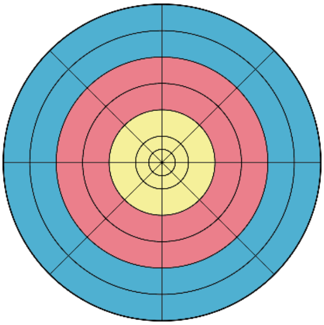

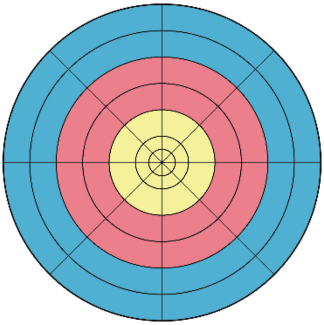

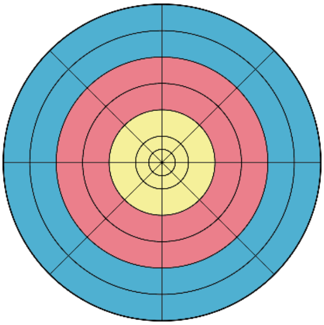

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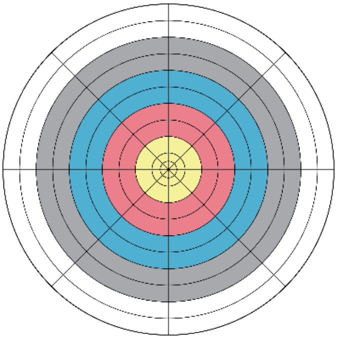
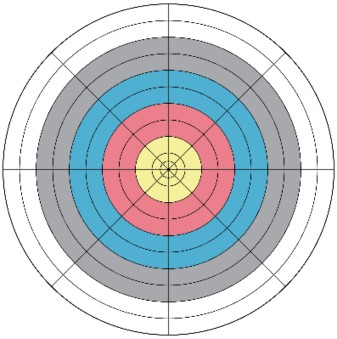
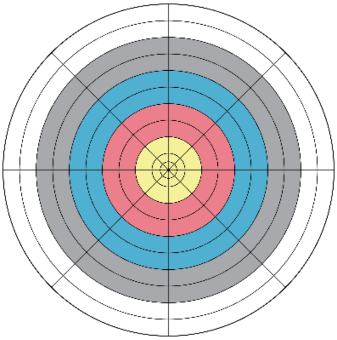
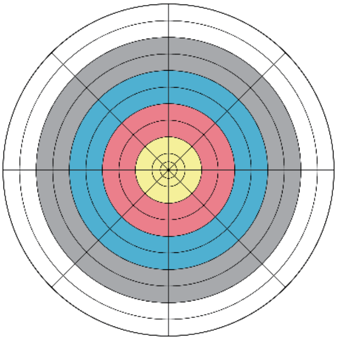
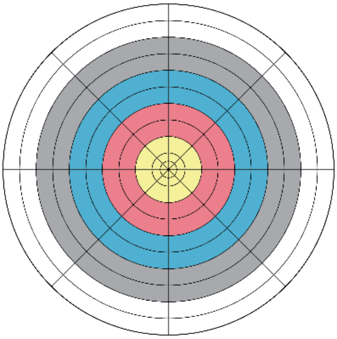
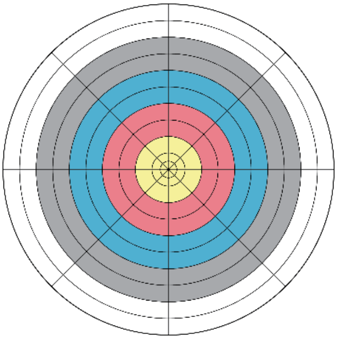
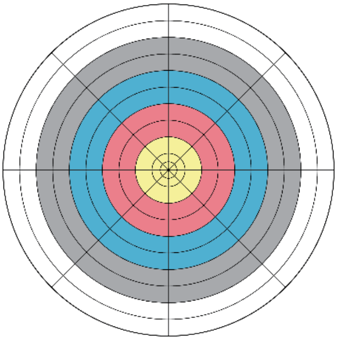
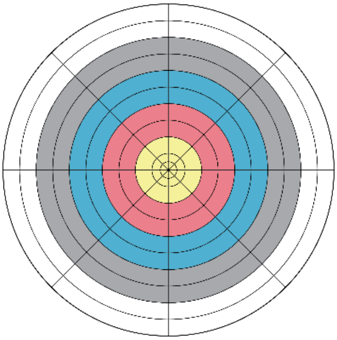

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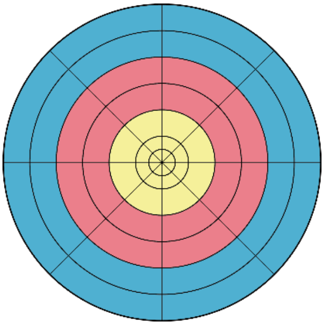

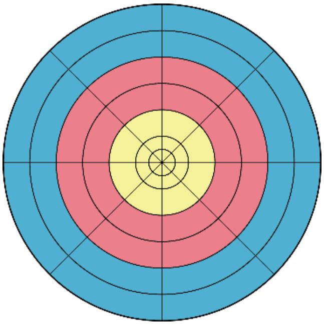

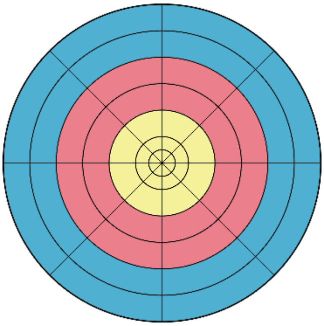

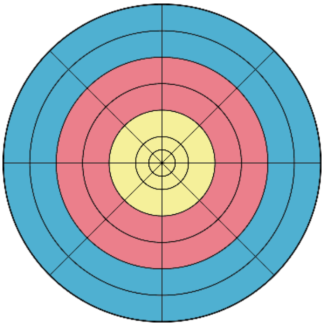

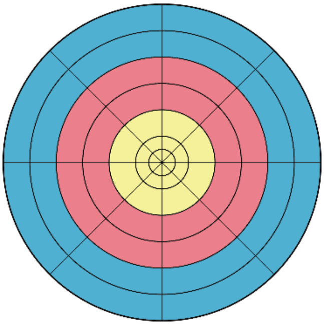

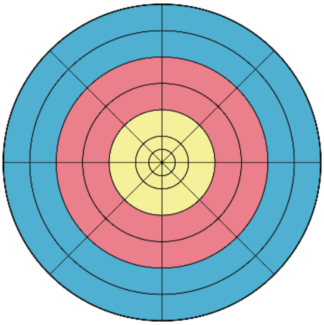

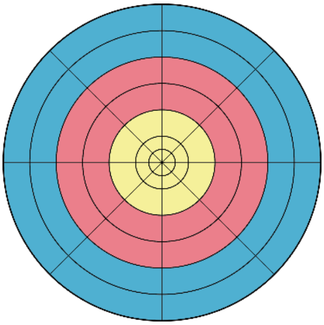

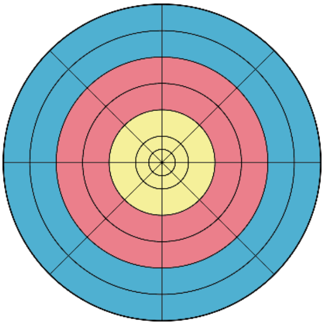

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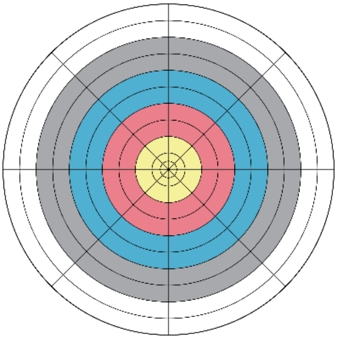

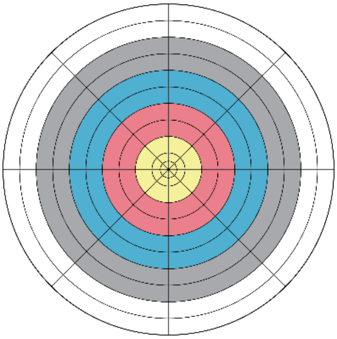

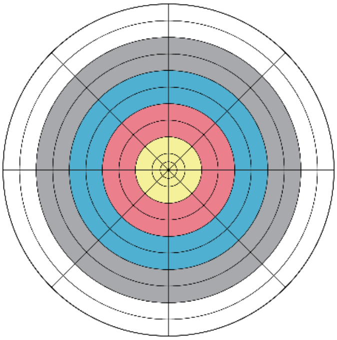

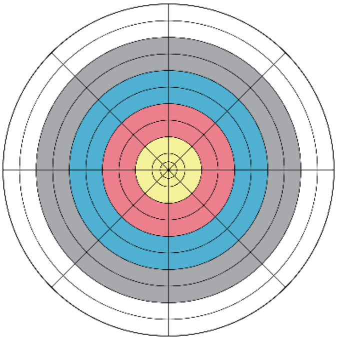

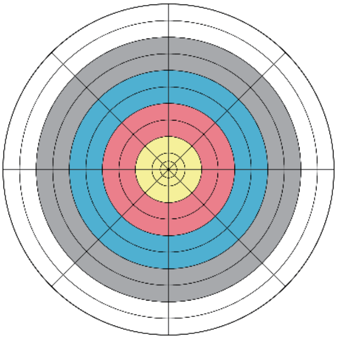

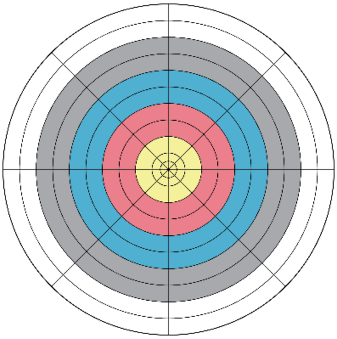

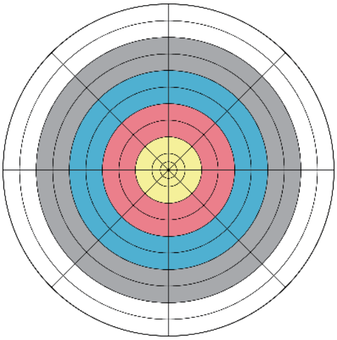

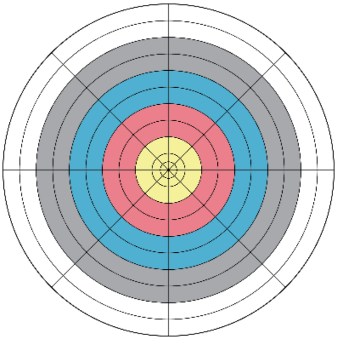

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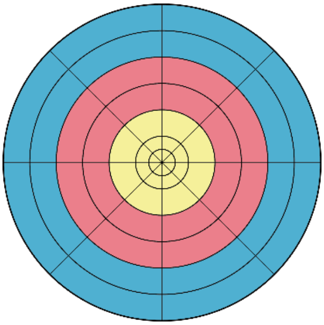
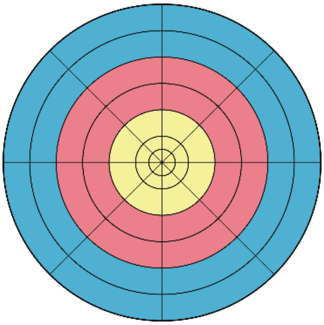
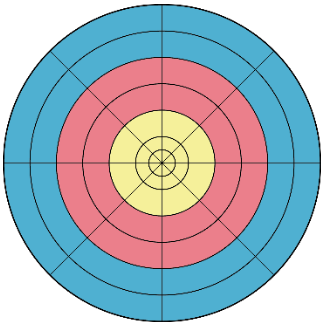
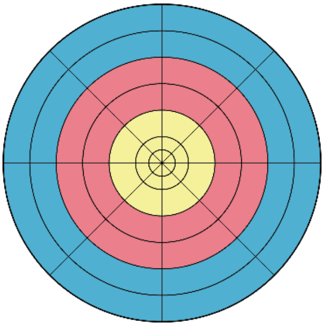
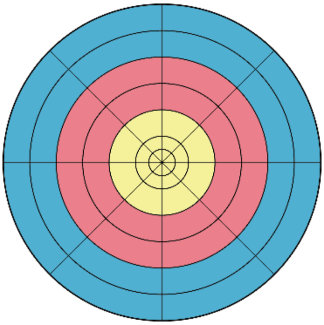
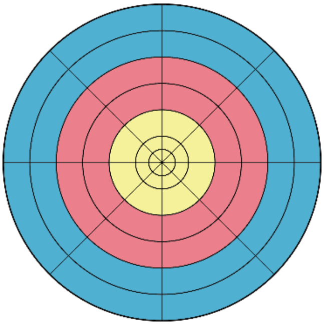
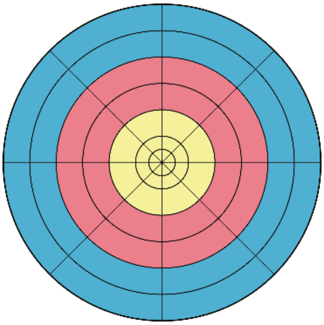
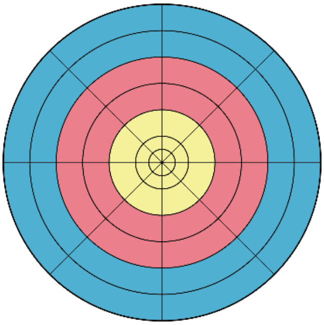

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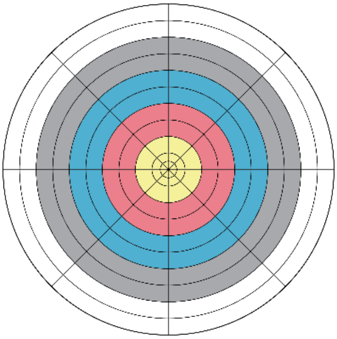
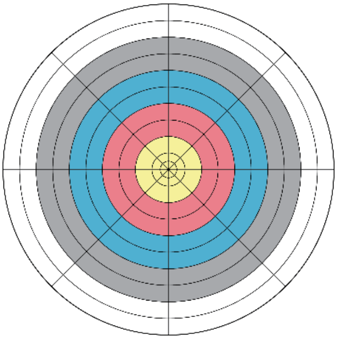
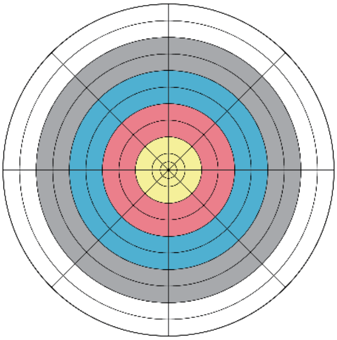
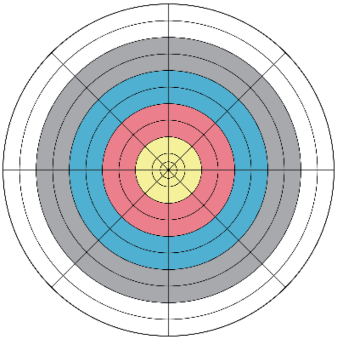
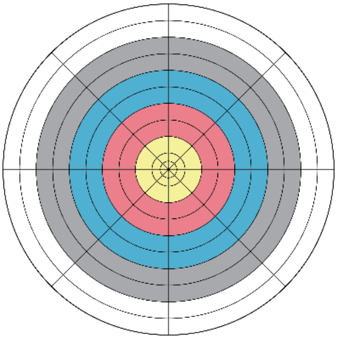
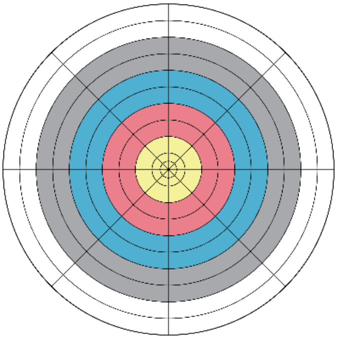
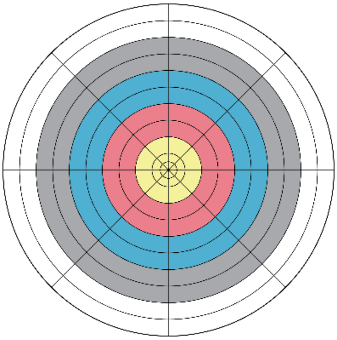
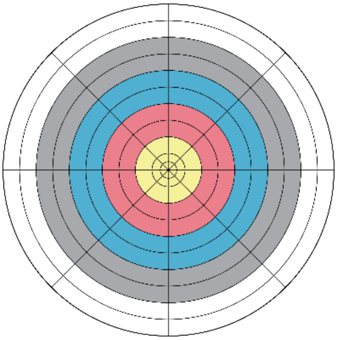

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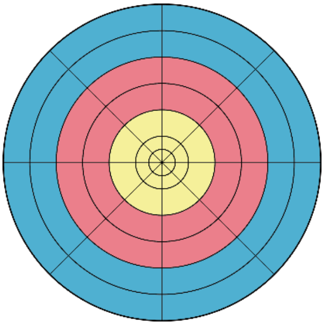
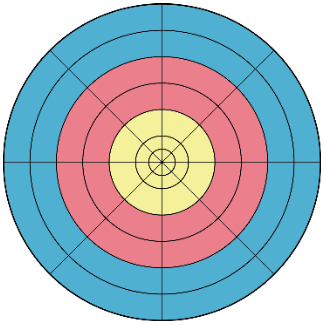
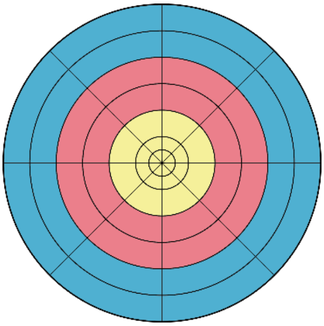
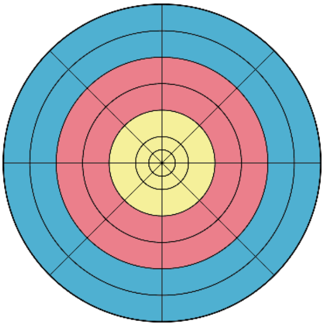
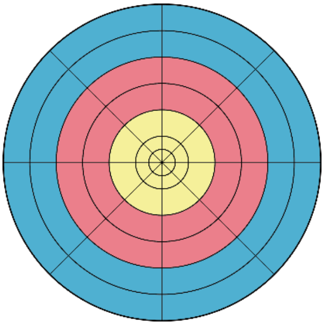
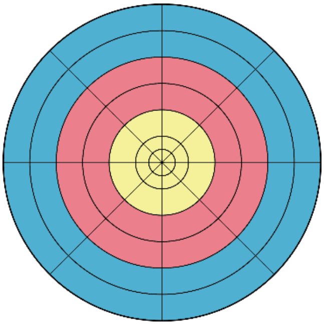
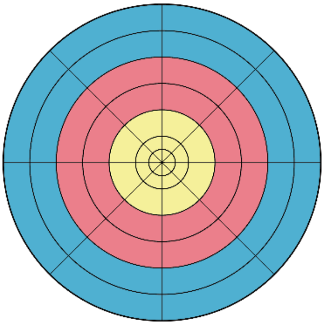
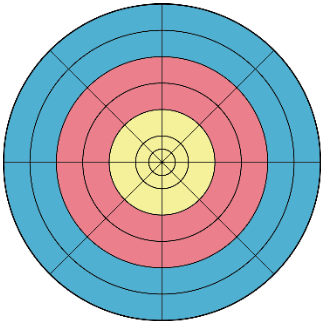

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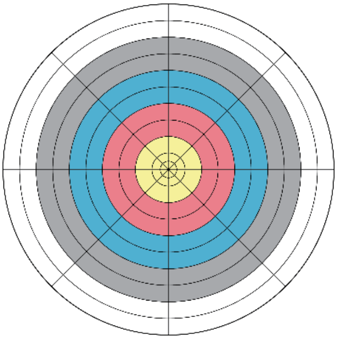

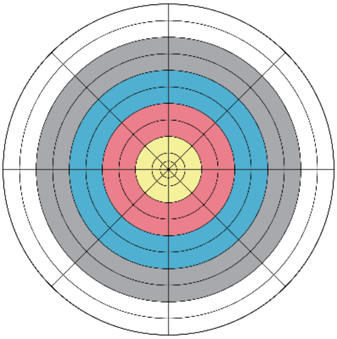

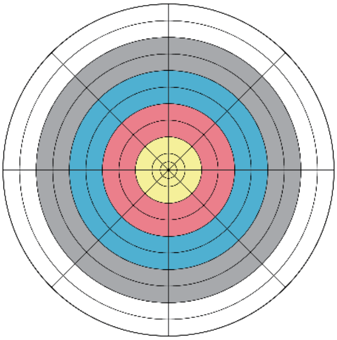

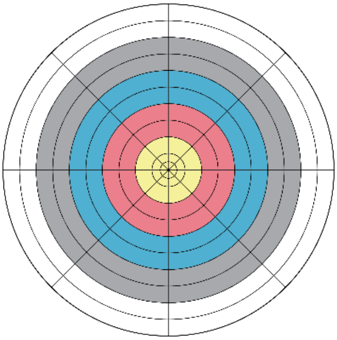

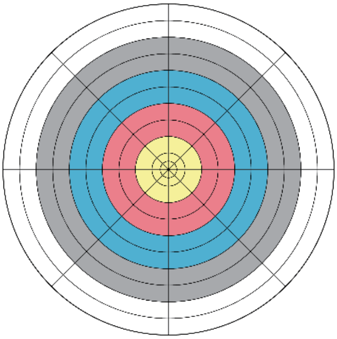

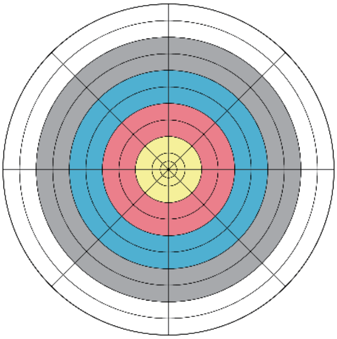

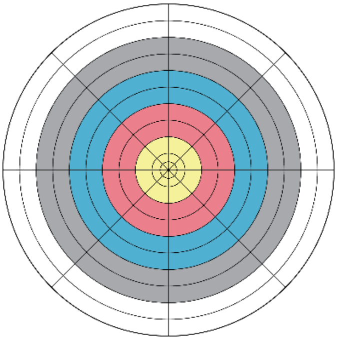

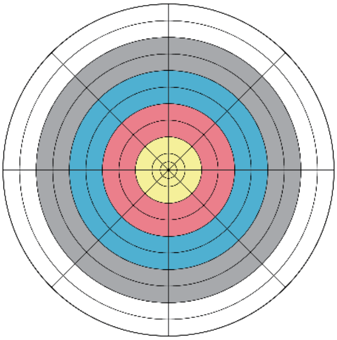

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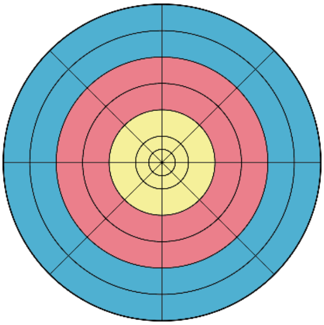

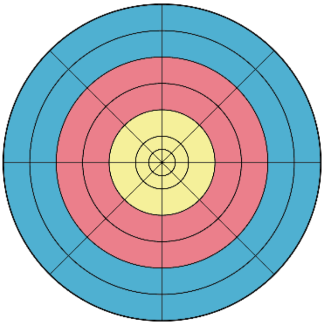

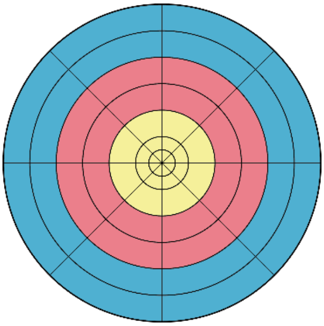

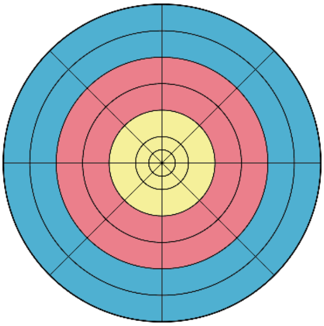

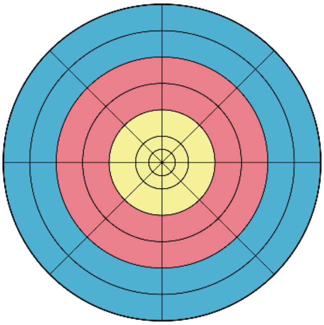

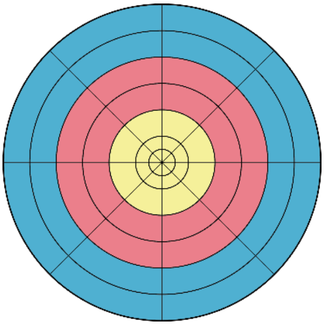

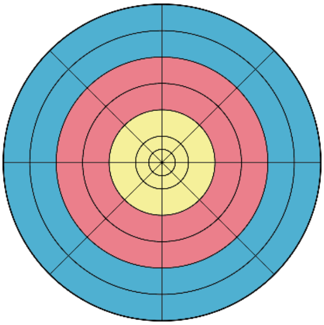

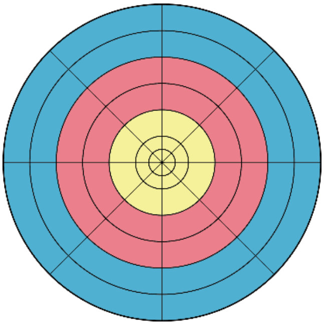

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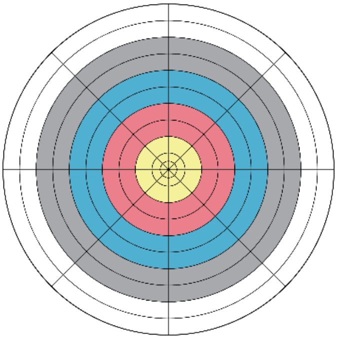

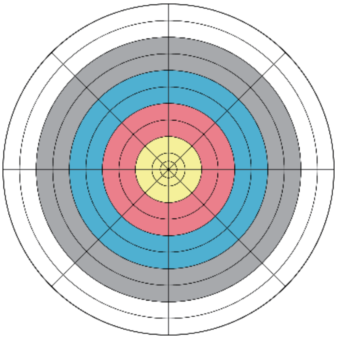

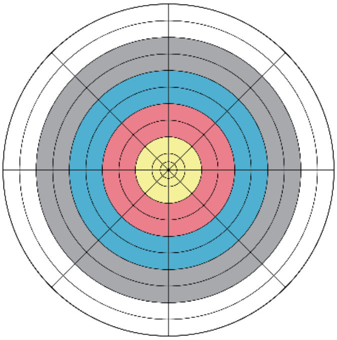

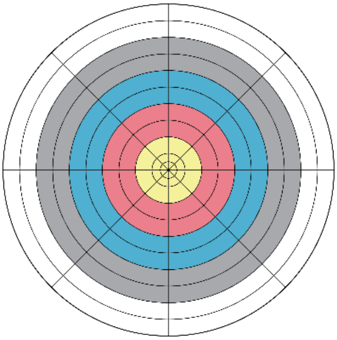

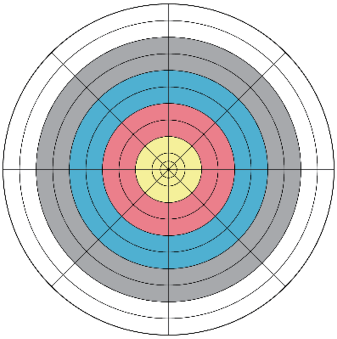

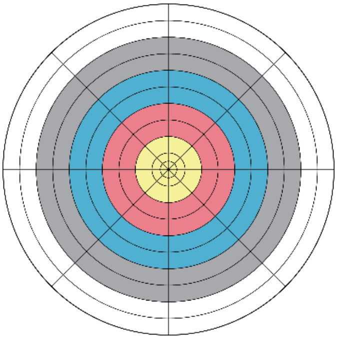

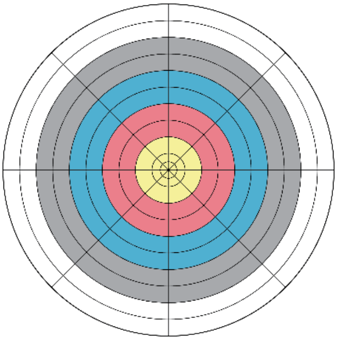

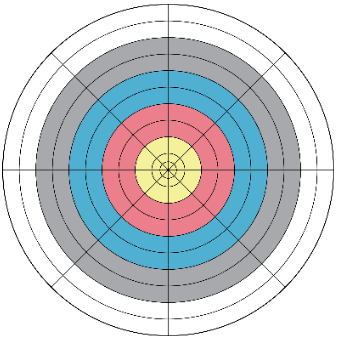

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