

Date

Time

Location

Results

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Outer Position	①	②	③	④	⑤
Inner Position	①	②	③	④	⑤
Mounting the Rifle	①	②	③	④	⑤
Zero Point	①	②	③	④	⑤
Hold	①	②	③	④	⑤
Aiming	①	②	③	④	⑤
Trigger Control	①	②	③	④	⑤
Follow-through	①	②	③	④	⑤
Recoil	①	②	③	④	⑤
Breathing	①	②	③	④	⑤
Shot Plan	①	②	③	④	⑤
Mental State	①	②	③	④	⑤
Physical condition	①	②	③	④	⑤

Things that worked

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Things that could be Improved

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Future Plans

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