

Air Rifle Training

Date

Time

Location

Diet Notes

Physical Condition and Stress Level

Range & Equipment condition

Training Focus

Outer Position	<input type="text"/>	Hold	<input type="text"/>	Recoil	<input type="text"/>
Inner Position	<input type="text"/>	Aiming	<input type="text"/>	Breathing	<input type="text"/>
Mounting the Rifle	<input type="text"/>	Trigger Control	<input type="text"/>	Shot Plan	<input type="text"/>
Zero Point	<input type="text"/>	Follow-through	<input type="text"/>	Mental State	<input type="text"/>
Physical condition	<input type="text"/>	Other:	<input type="text"/>		

Planned Course of Fire and Intent