

Competition

--	--	--	--	--	--

Date

--	--	--

Detail Time

--

Location

--

Detail Notes

--

Shooters on Firing Line

--

Shooter to Left

--

Shooter to Right

--

Prep Time

--

Targets Used

--

Diet Notes

--

Stress level

--

Highest match score on arrival

--

Range Lighting

--

Range Noise

--

Range Equipment Faults

--

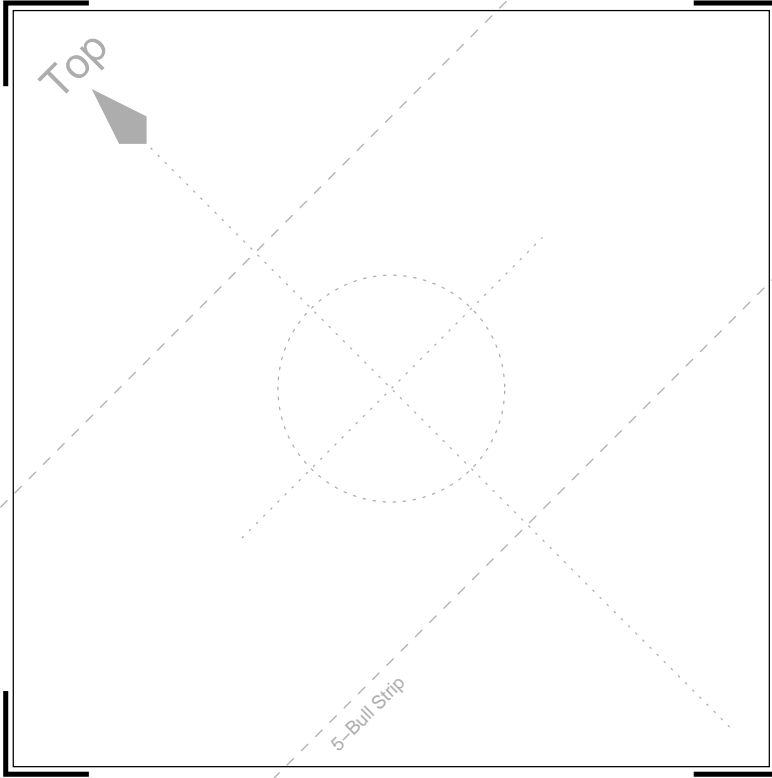
Notes

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

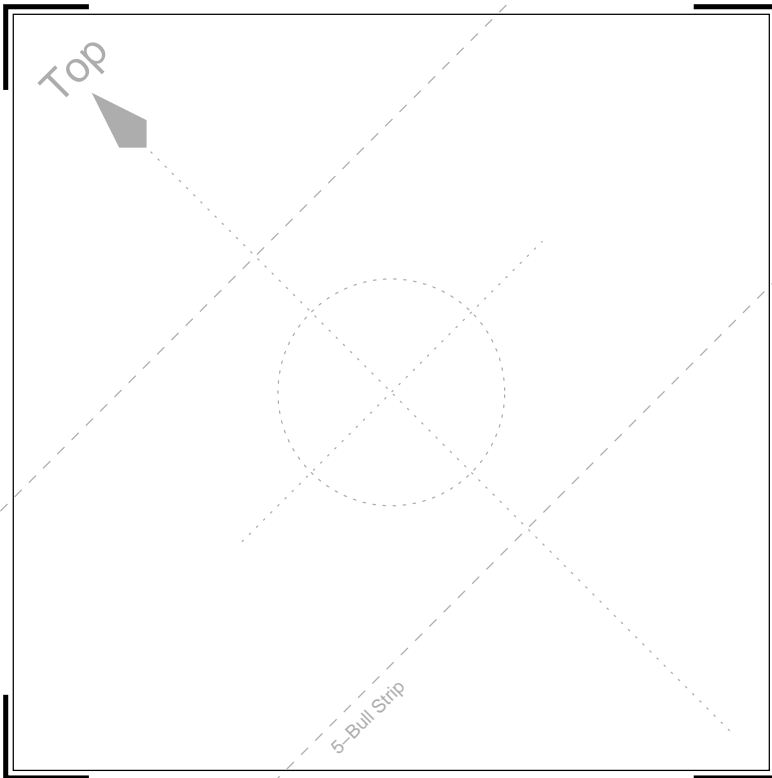
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

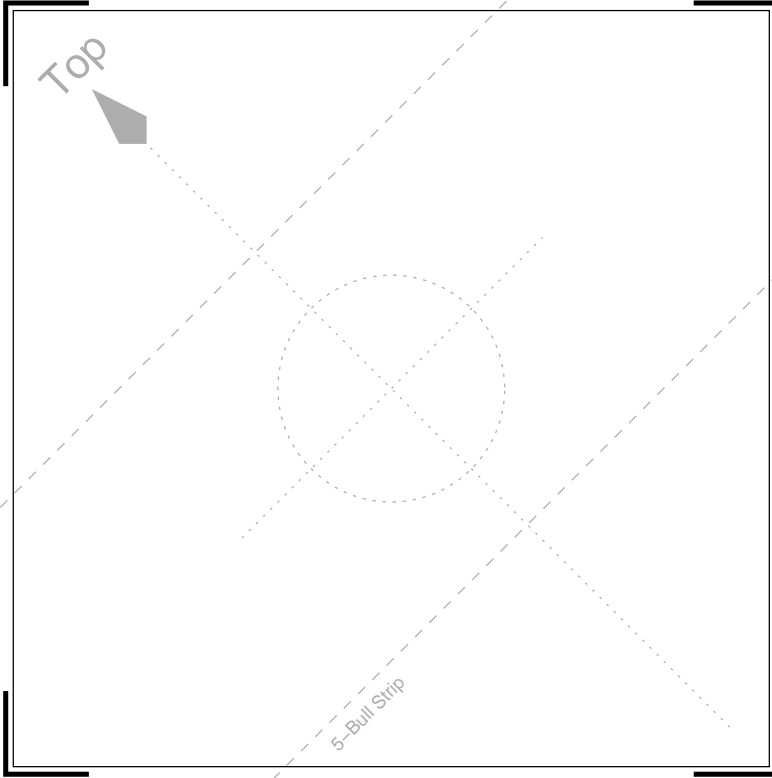
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

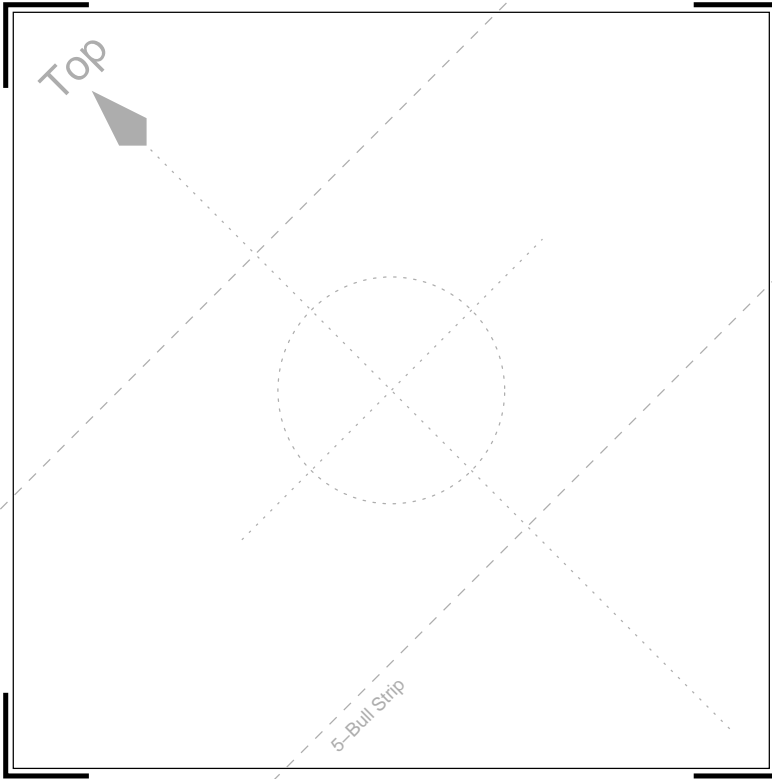
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

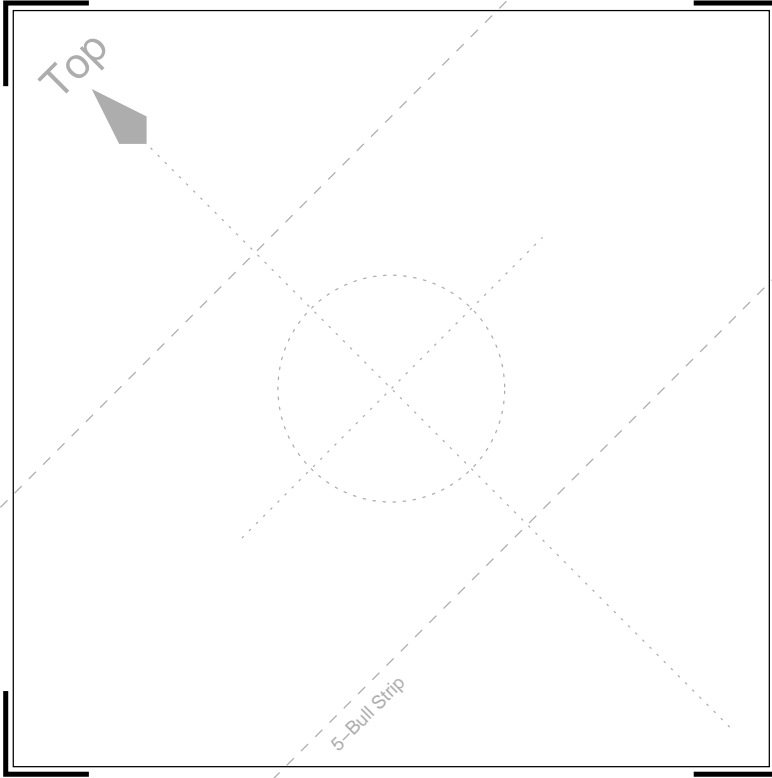
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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Estimated

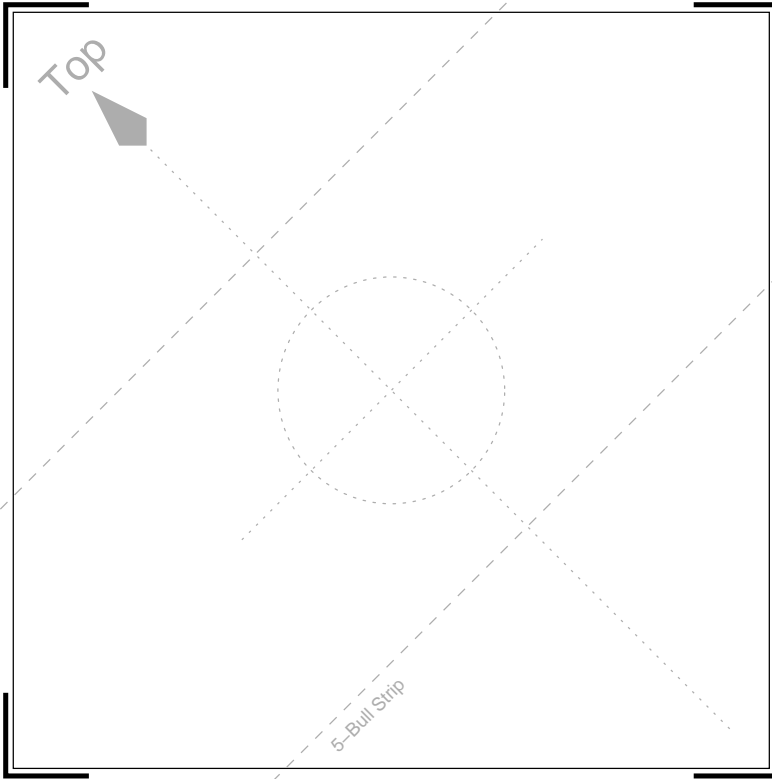
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

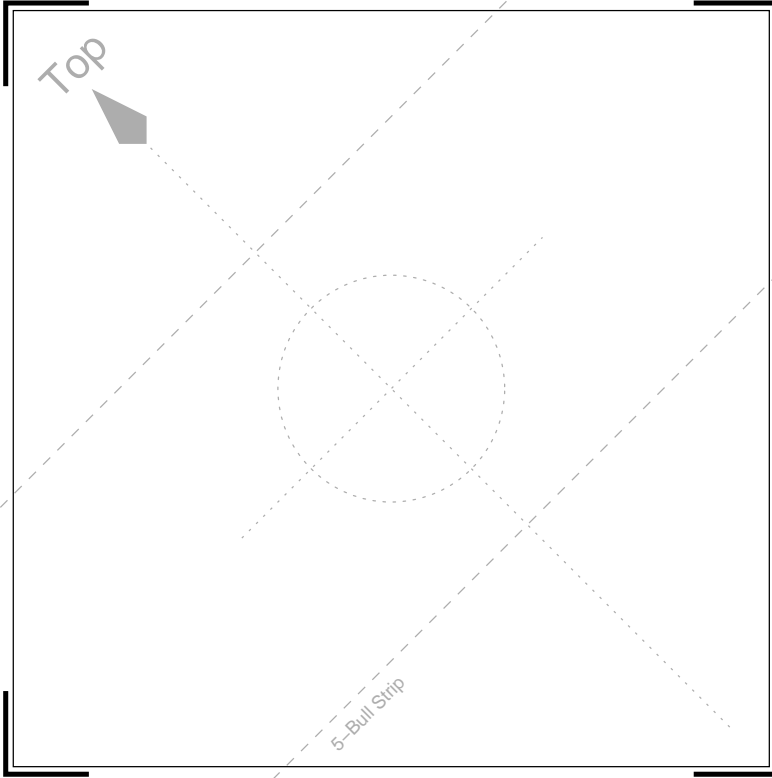
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

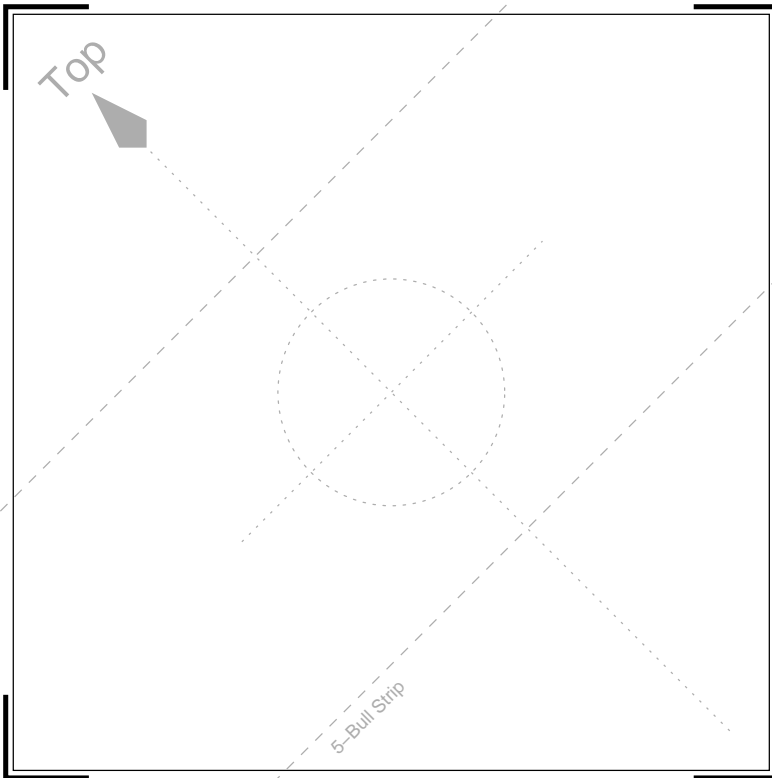
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

--	--	--	--	--

Notes

Competition

--	--	--	--	--

Date				Detail Time		Location	
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Detail Notes

	1	2	3	4	5	6	Total
Final Score							

	10	9	8	7	6	5	4	3	2	1	0
Scores Histogram											

	Immediately Post-Match					Later Post Match				
	--	-	0	+	++	--	-	0	+	++
Outer Position	①	②	③	④	⑤	①	②	③	④	⑤
Inner Position	①	②	③	④	⑤	①	②	③	④	⑤
Mounting the Rifle	①	②	③	④	⑤	①	②	③	④	⑤
Zero Point	①	②	③	④	⑤	①	②	③	④	⑤
Hold	①	②	③	④	⑤	①	②	③	④	⑤
Aiming	①	②	③	④	⑤	①	②	③	④	⑤
Trigger Control	①	②	③	④	⑤	①	②	③	④	⑤
Follow-through	①	②	③	④	⑤	①	②	③	④	⑤
Recoil	①	②	③	④	⑤	①	②	③	④	⑤
Breathing	①	②	③	④	⑤	①	②	③	④	⑤
Shot Plan	①	②	③	④	⑤	①	②	③	④	⑤
Mental State	①	②	③	④	⑤	①	②	③	④	⑤
Physical condition	①	②	③	④	⑤	①	②	③	④	⑤

Things that worked	
Things that could be Improved	
Future Plans	

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position

--

Hold

--

Recoil

--

Inner Position

--

Aiming

--

Breathing

--

Mounting the Rifle

--

Trigger Control

--

Shot Plan

--

Zero Point

--

Follow-through

--

Mental State

--

Physical condition

--

Other:

--

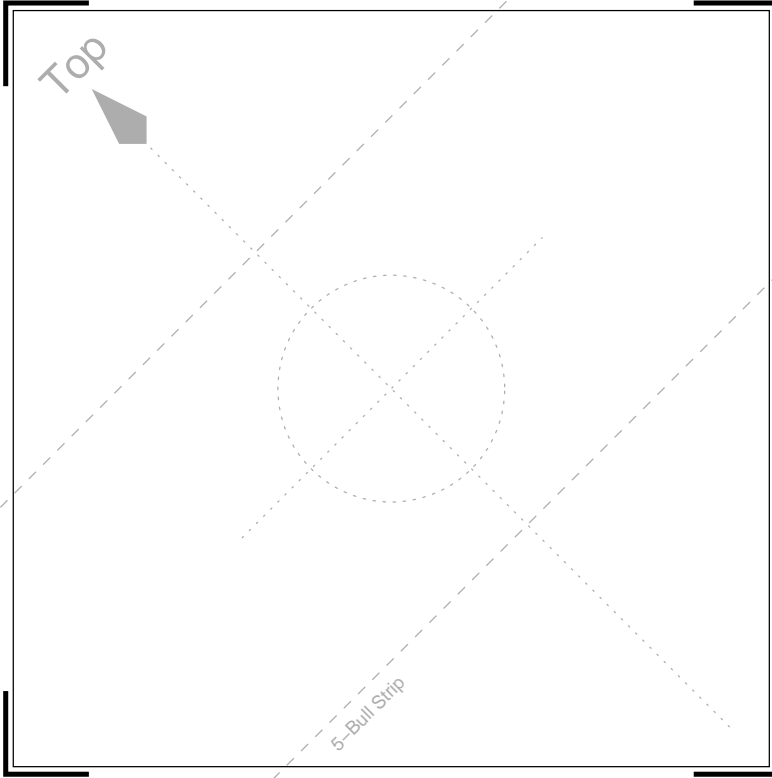
Planned Course of Fire and Intent

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Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

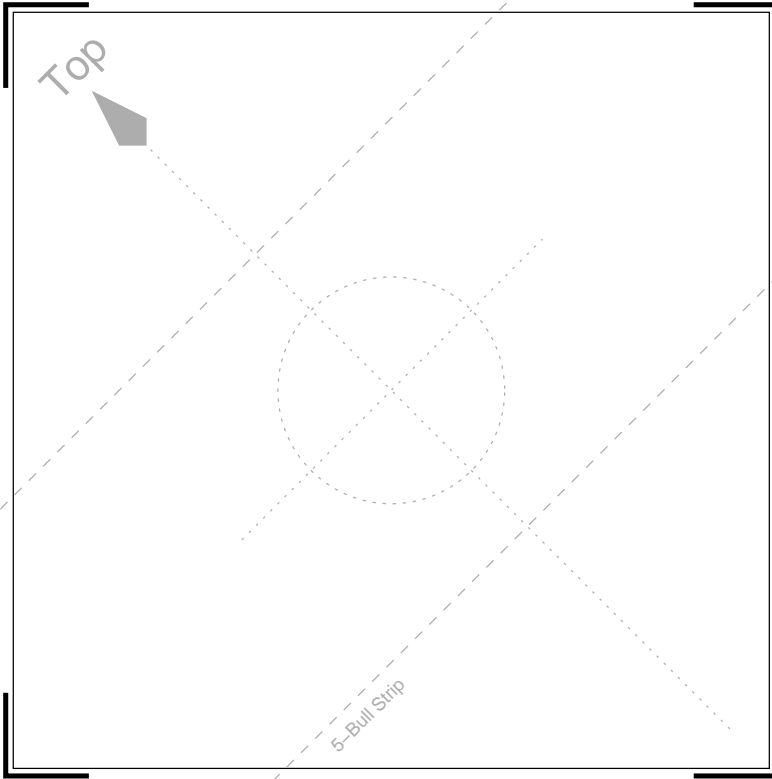
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

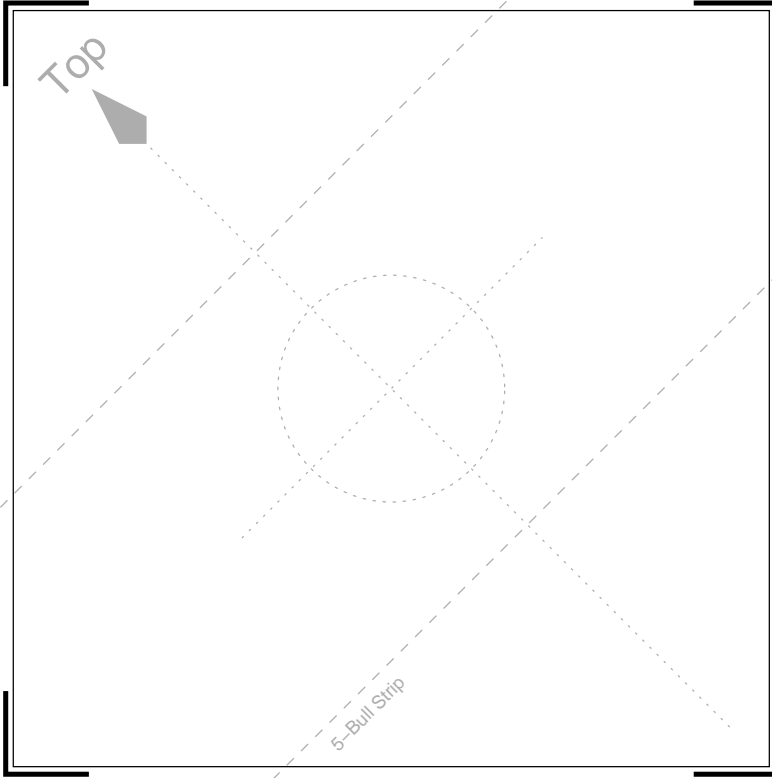
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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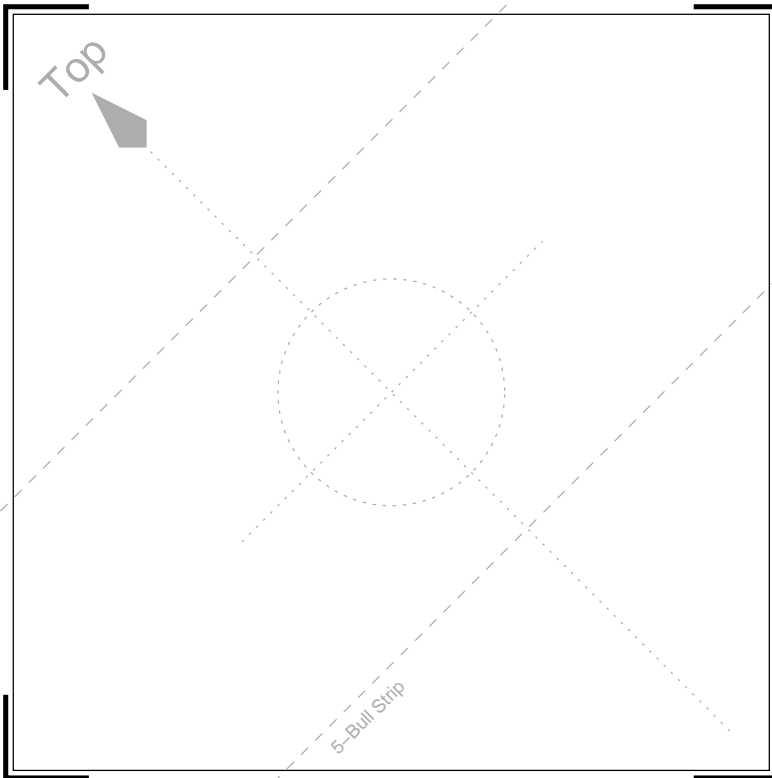
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Gauged

--	--	--	--	--

Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

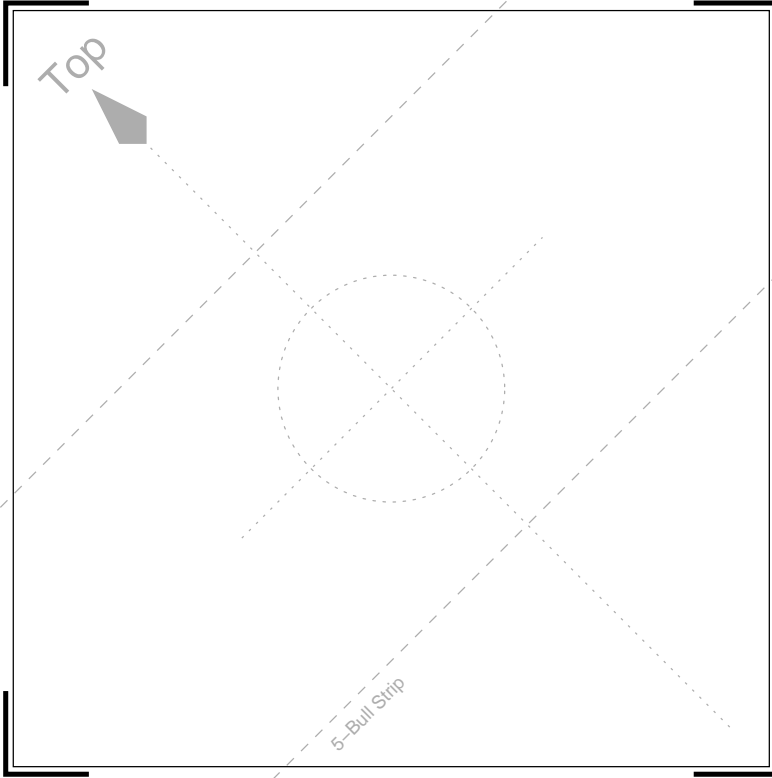
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Notes

Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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Estimated

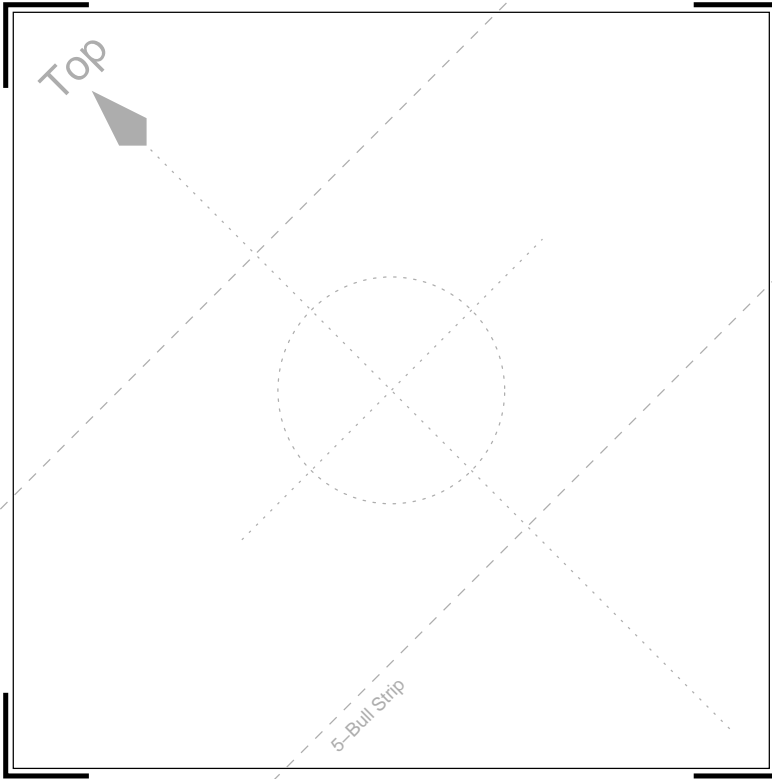
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position		Hold		Recoil	
Inner Position		Aiming		Breathing	
Mounting the Rifle		Trigger Control		Shot Plan	
Zero Point		Follow-through		Mental State	
Physical condition		Other:			

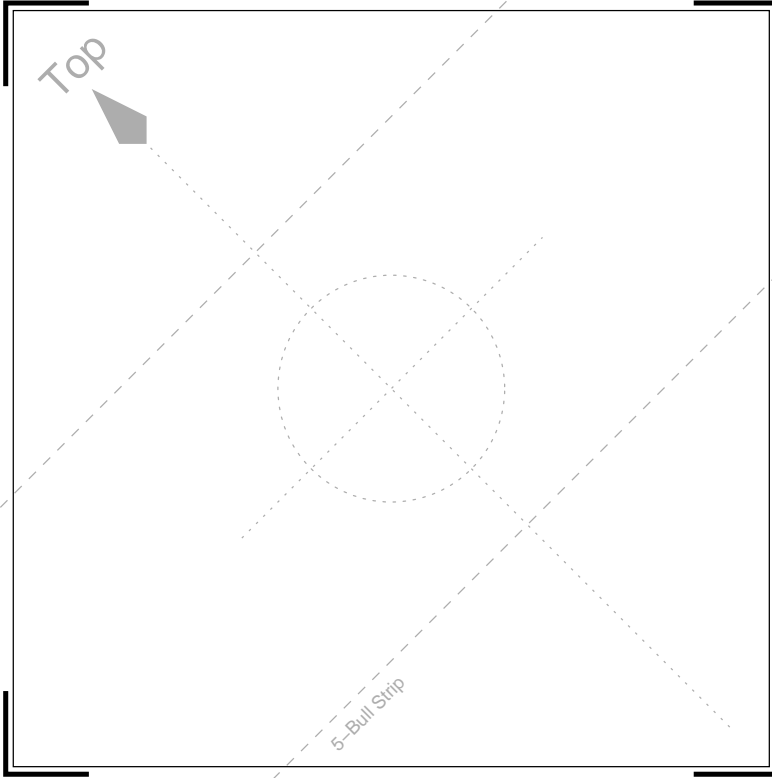
Planned Course of Fire and Intent

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Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

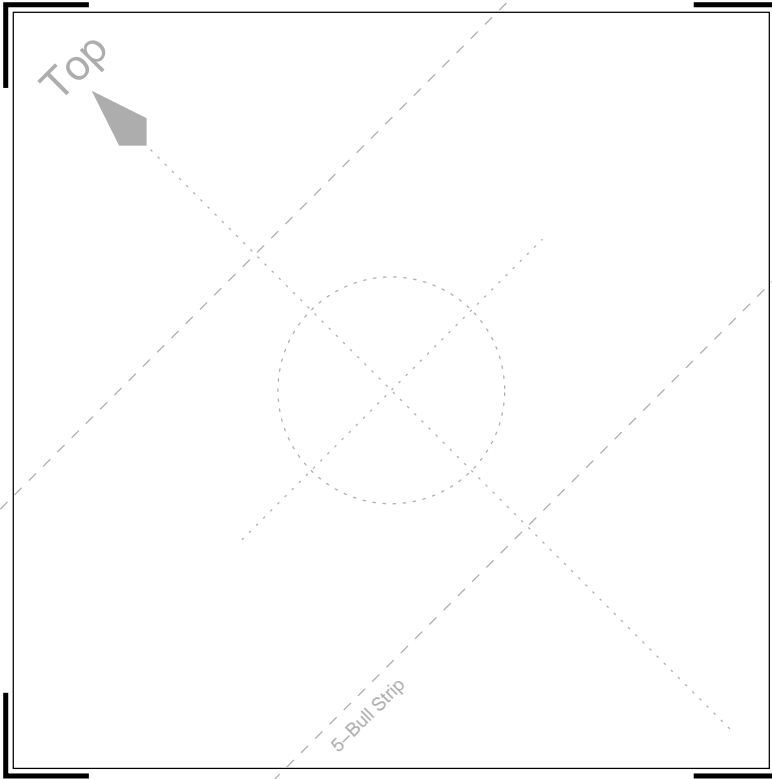
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

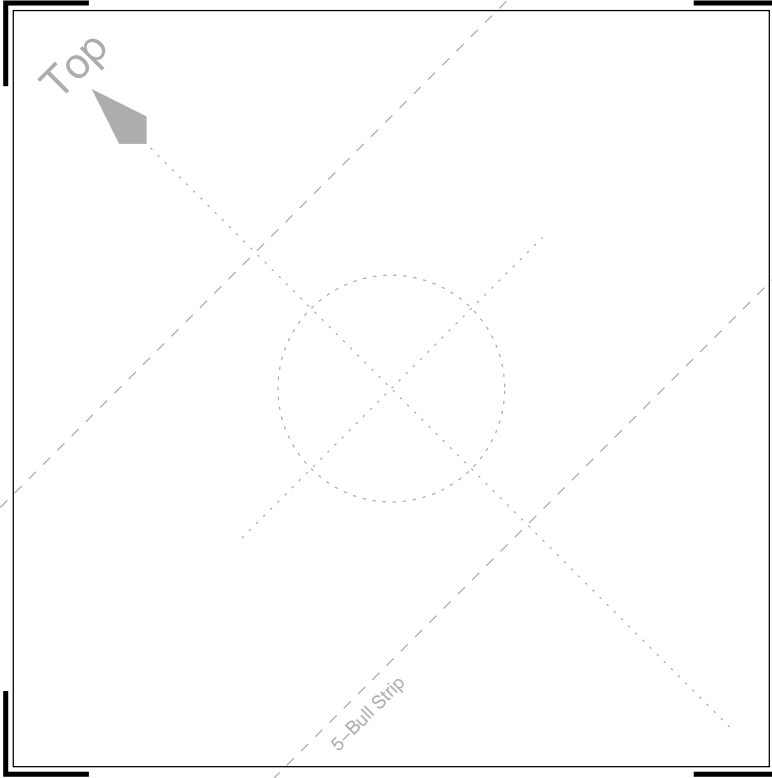
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

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6 7 8 9 10

Estimated

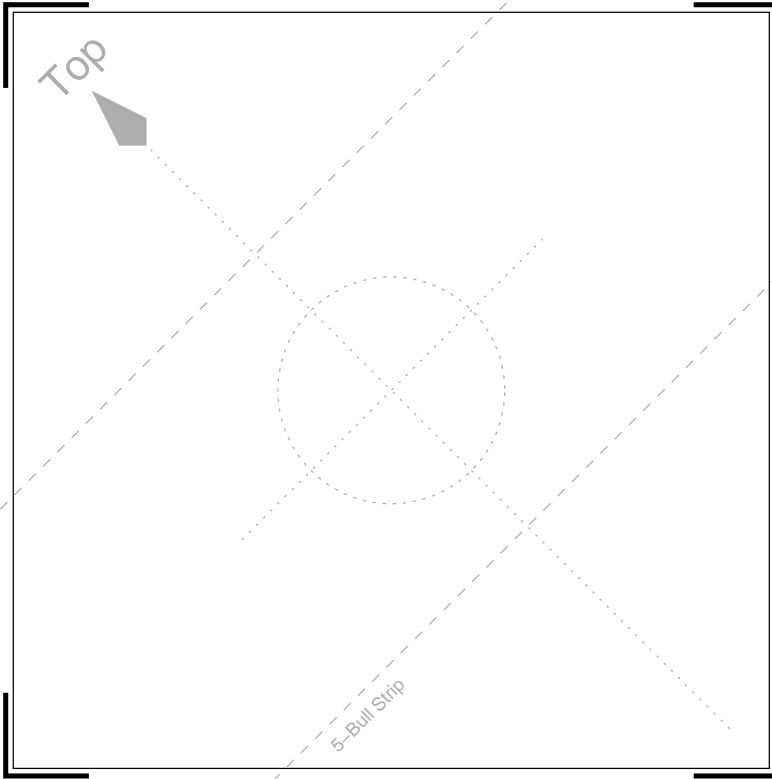
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

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6 7 8 9 10

Estimated

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Gauged

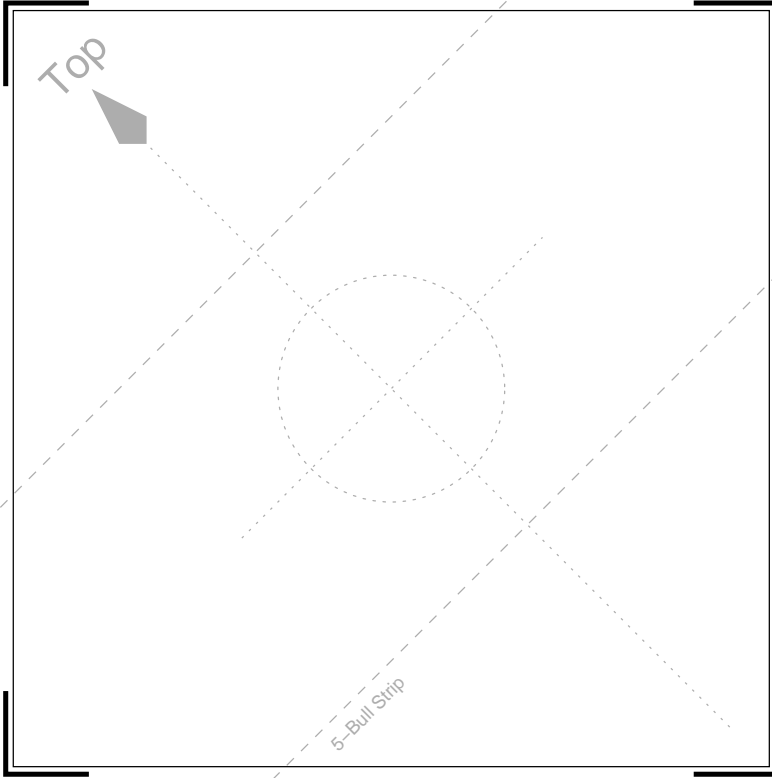
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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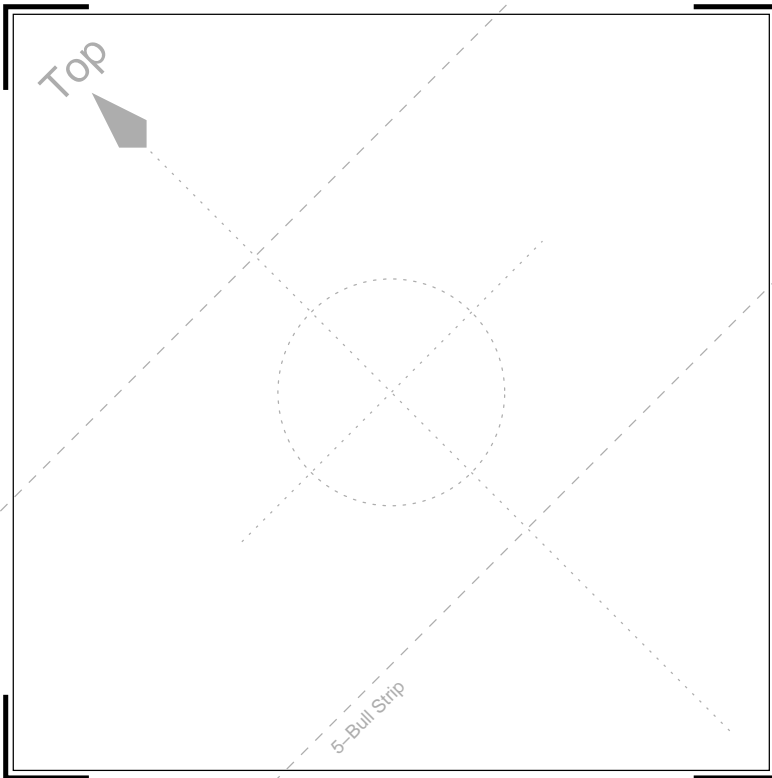
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position

--

Hold

--

Recoil

--

Inner Position

--

Aiming

--

Breathing

--

Mounting the Rifle

--

Trigger Control

--

Shot Plan

--

Zero Point

--

Follow-through

--

Mental State

--

Physical condition

--

Other:

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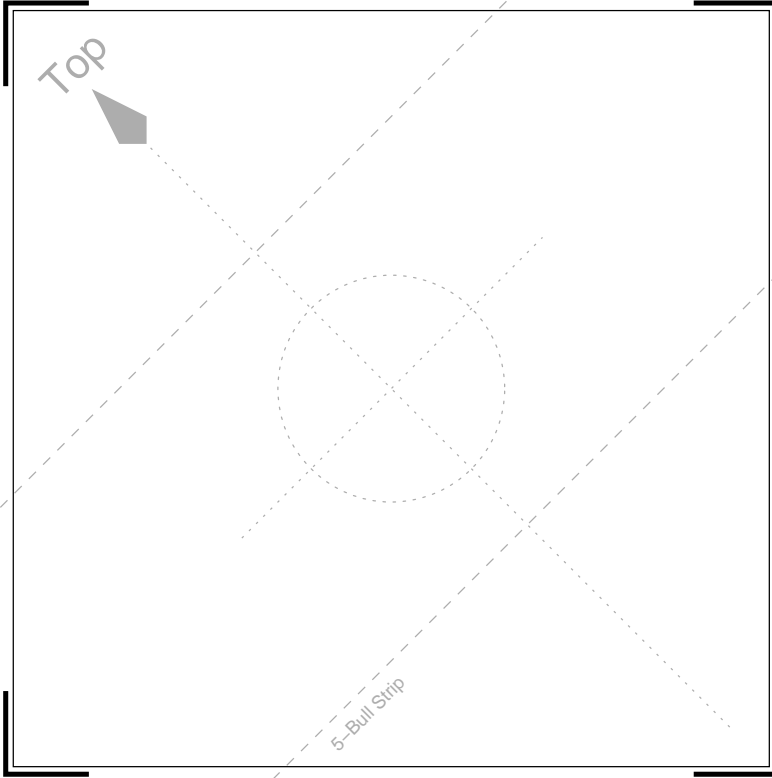
Planned Course of Fire and Intent

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Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

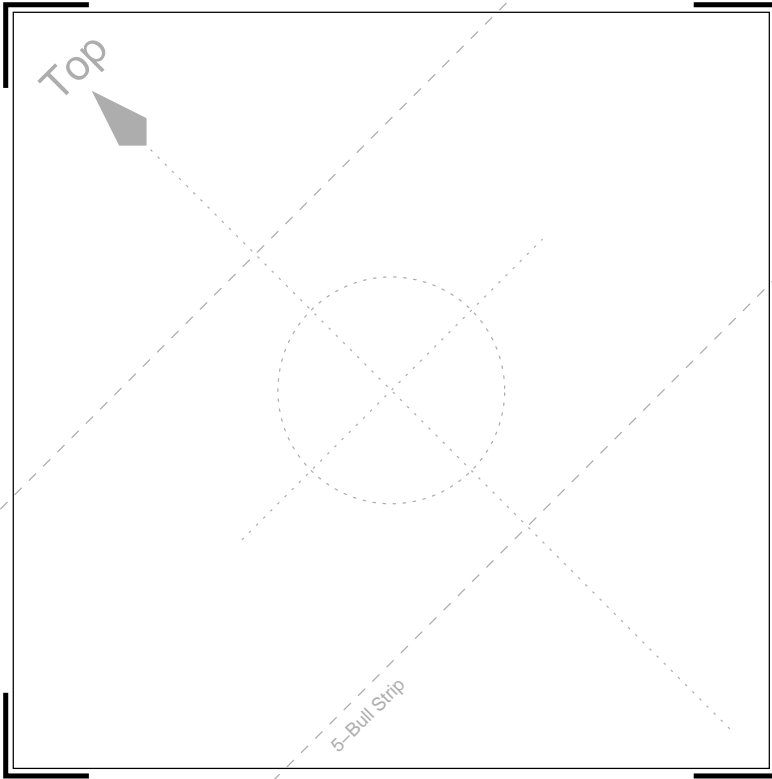
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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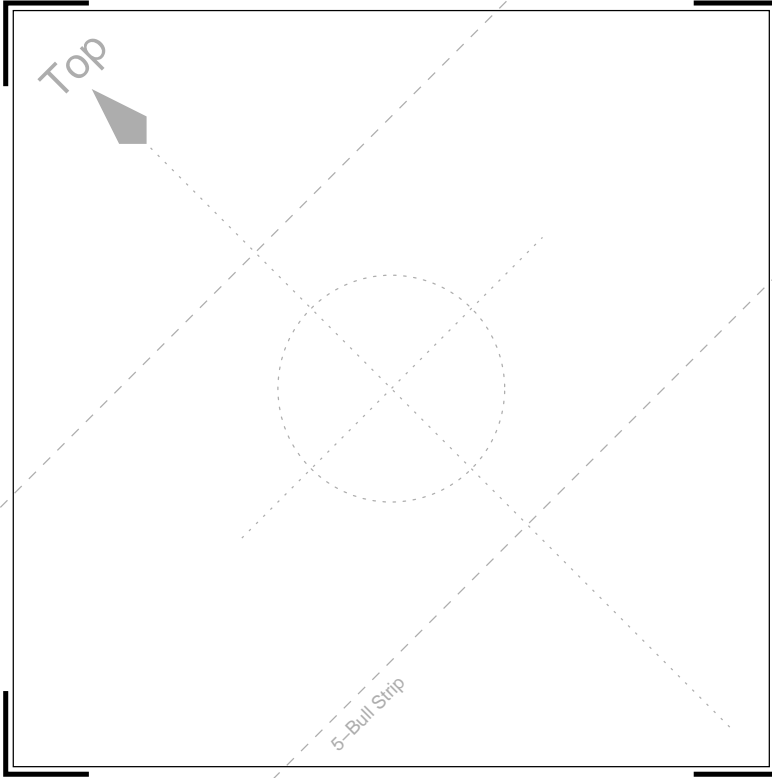
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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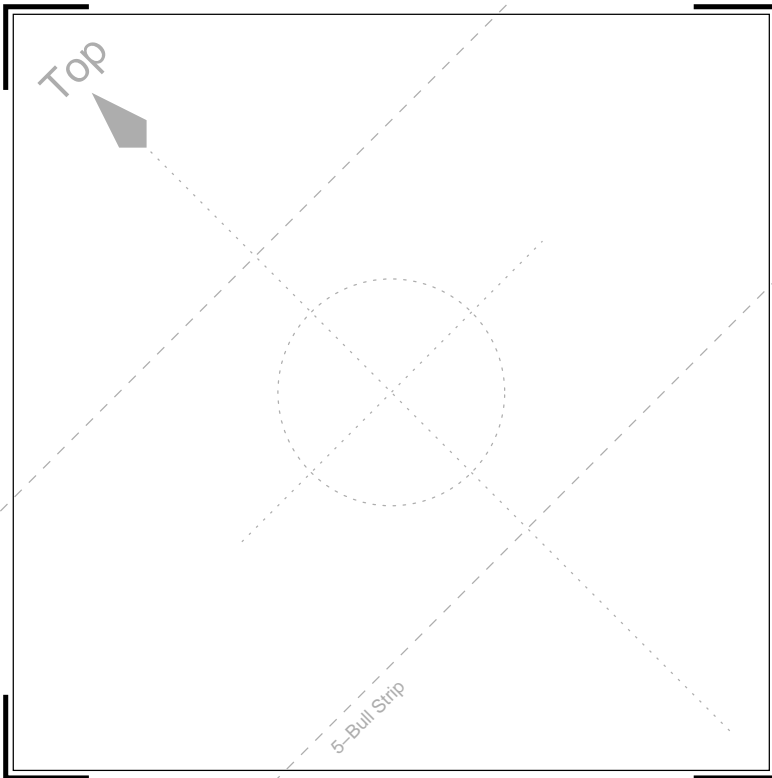
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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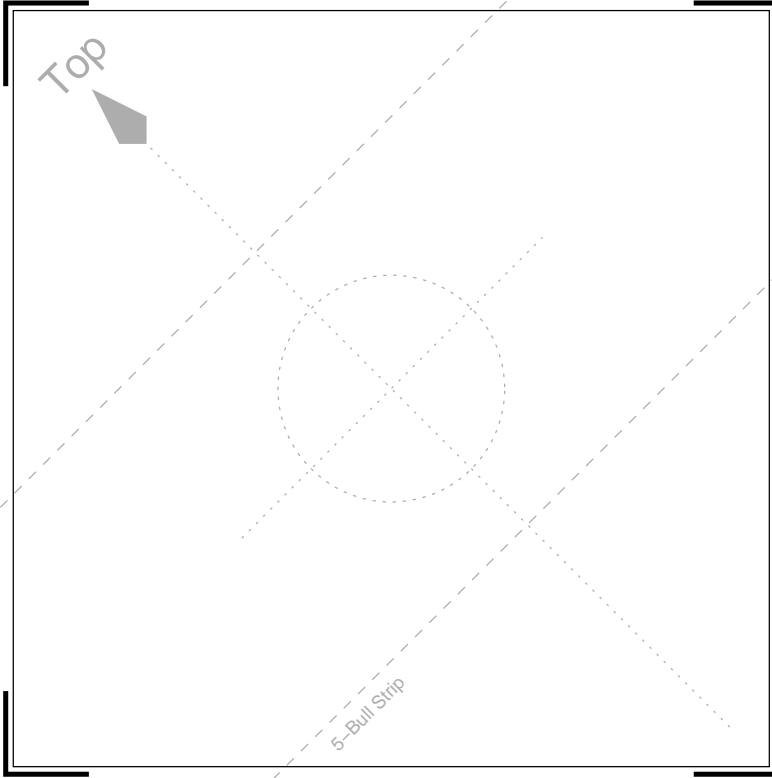
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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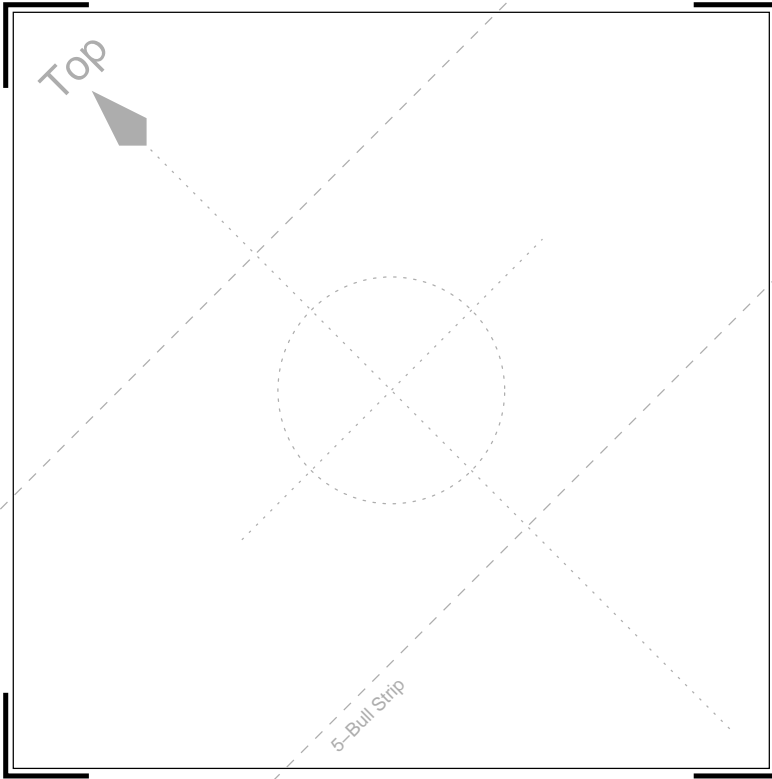
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

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6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
Outer Position	①	②	③	④	⑤
Inner Position	①	②	③	④	⑤
Mounting the Rifle	①	②	③	④	⑤
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Hold	①	②	③	④	⑤
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Follow-through	①	②	③	④	⑤
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Shot Plan	①	②	③	④	⑤
Mental State	①	②	③	④	⑤
Physical condition	①	②	③	④	⑤

Things that worked

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position

--

Hold

--

Recoil

--

Inner Position

--

Aiming

--

Breathing

--

Mounting the Rifle

--

Trigger Control

--

Shot Plan

--

Zero Point

--

Follow-through

--

Mental State

--

Physical condition

--

Other:

--

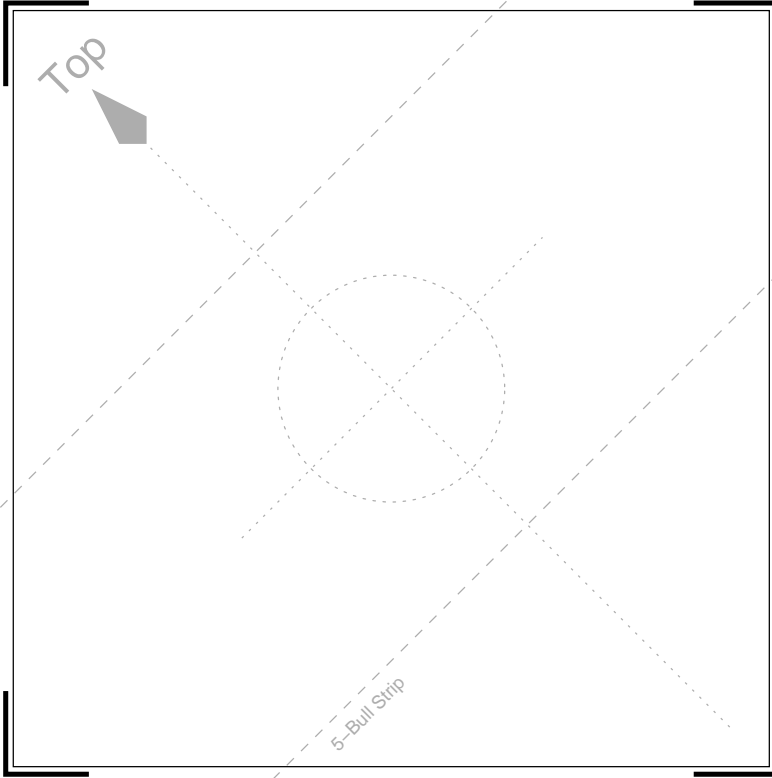
Planned Course of Fire and Intent

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Date

--	--	--

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Series

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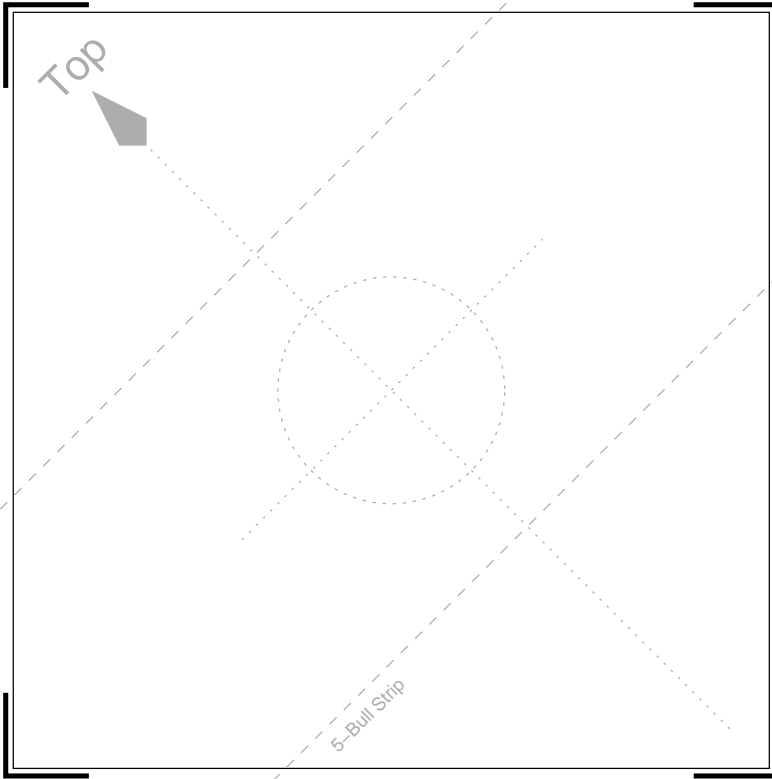
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Gauged

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Notes

Time



Series

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1 2 3 4 5

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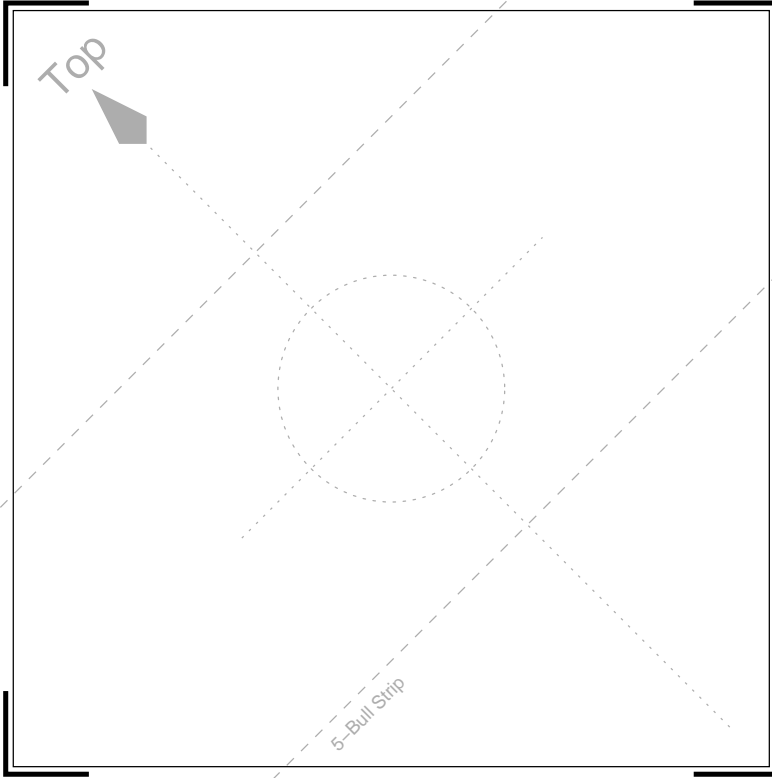
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Notes

Date

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Time



Series

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1 2 3 4 5

Estimated

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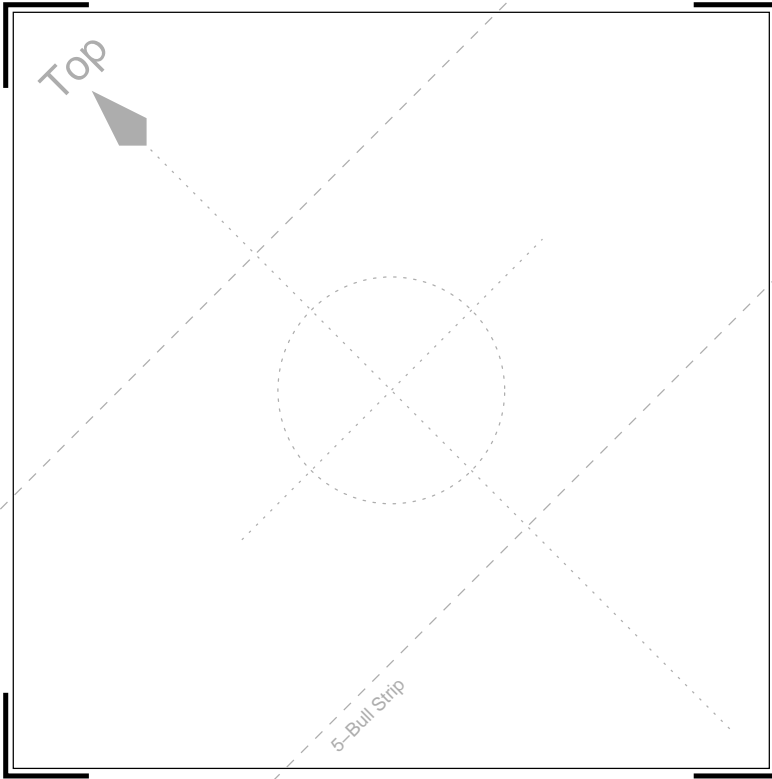
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

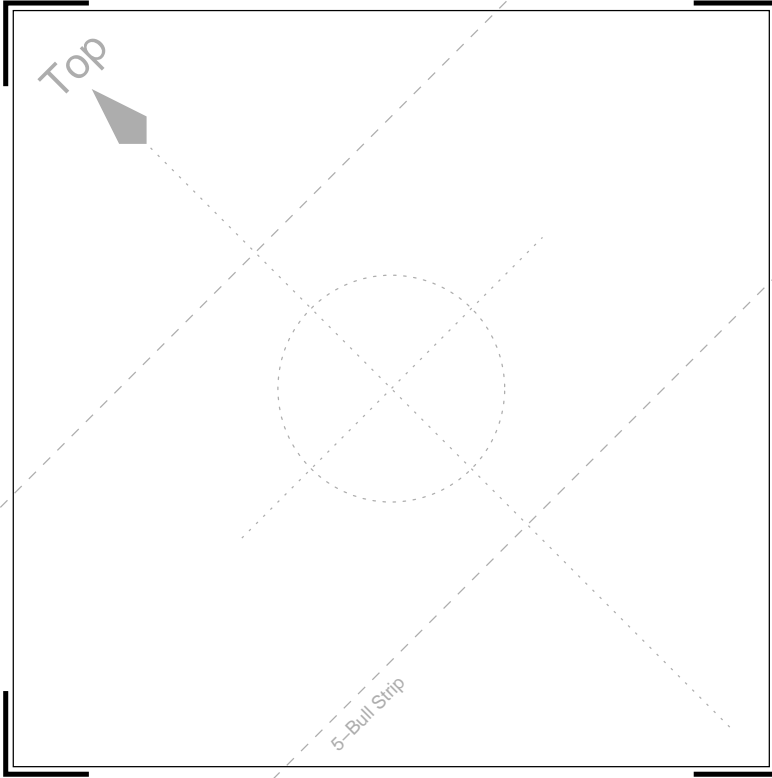
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

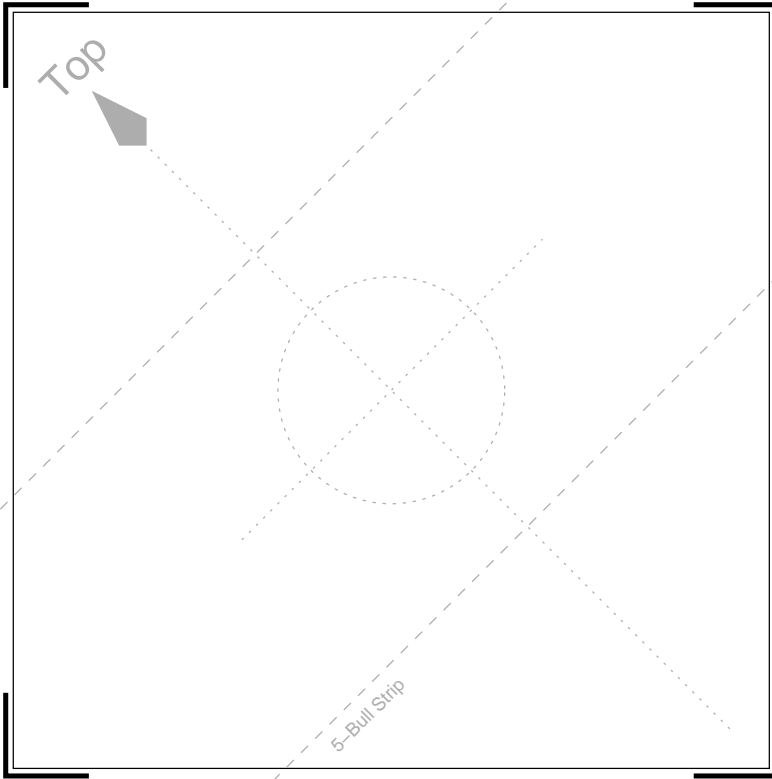
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

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Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position		Hold		Recoil	
Inner Position		Aiming		Breathing	
Mounting the Rifle		Trigger Control		Shot Plan	
Zero Point		Follow-through		Mental State	
Physical condition		Other:			

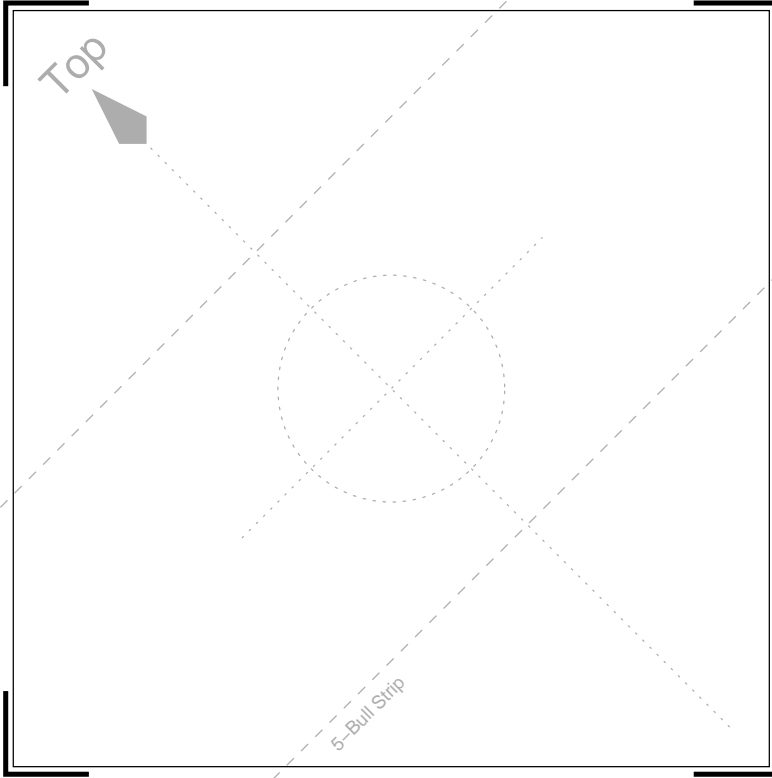
Planned Course of Fire and Intent

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

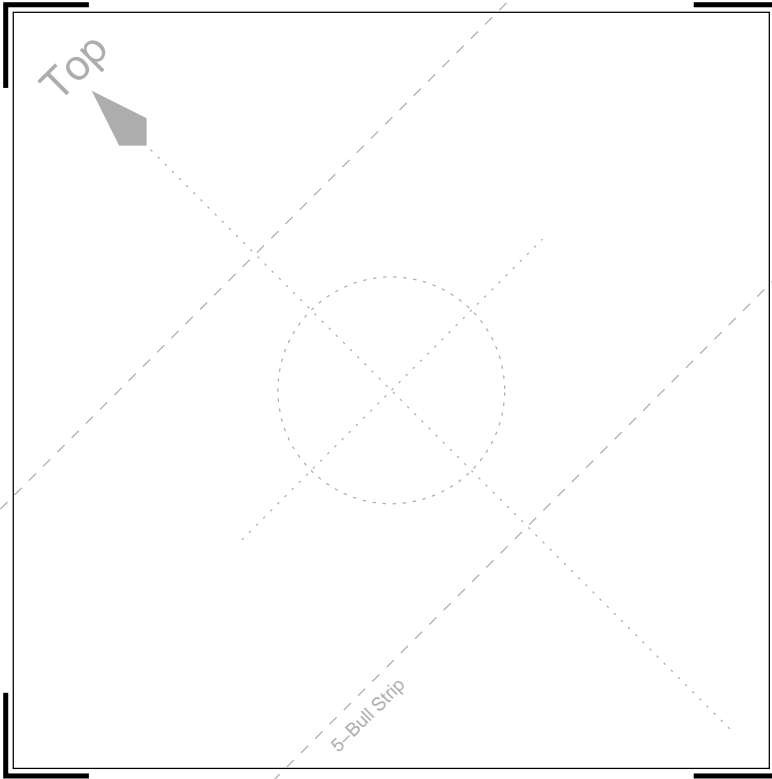
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

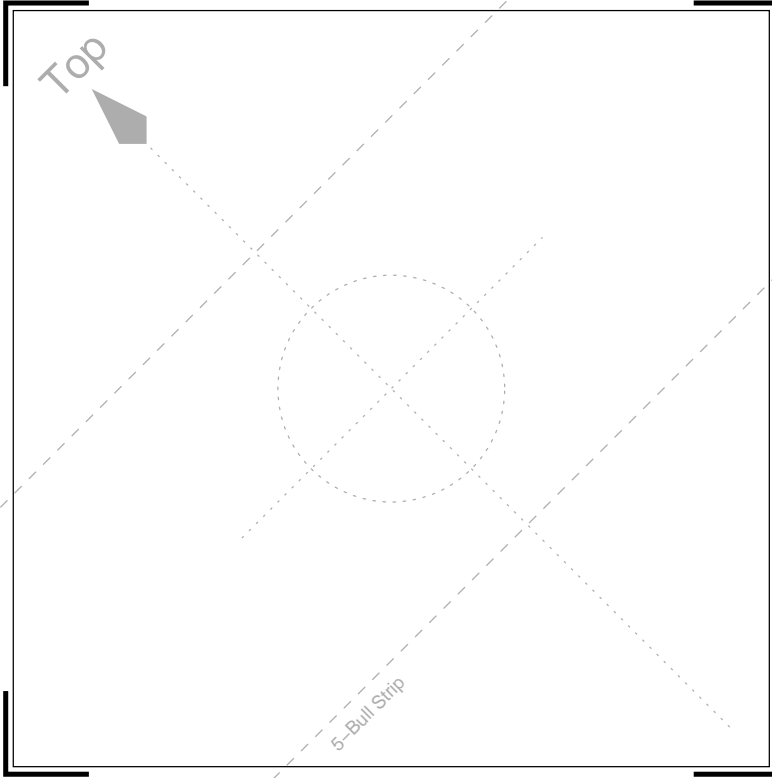
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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Estimated

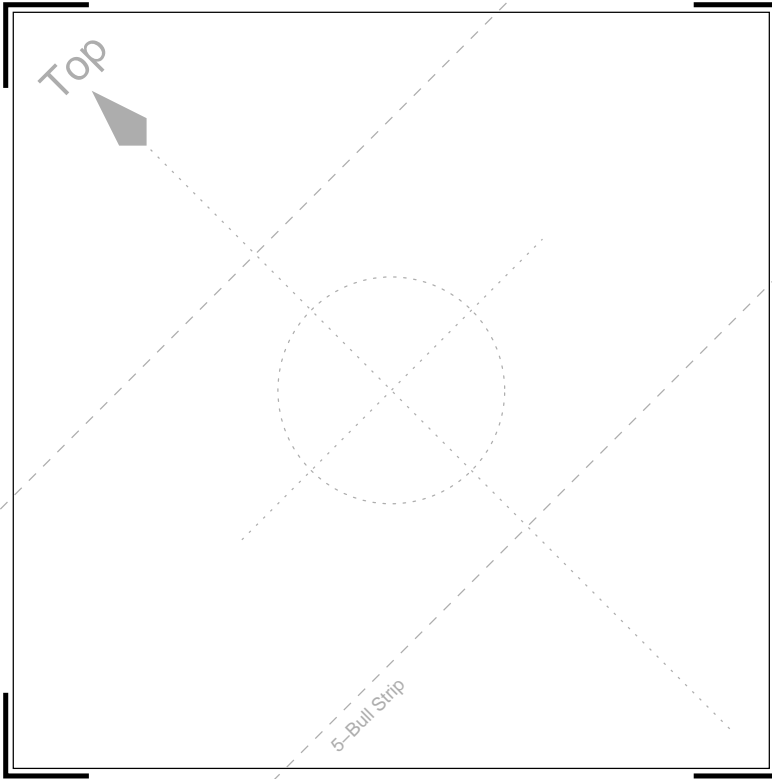
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

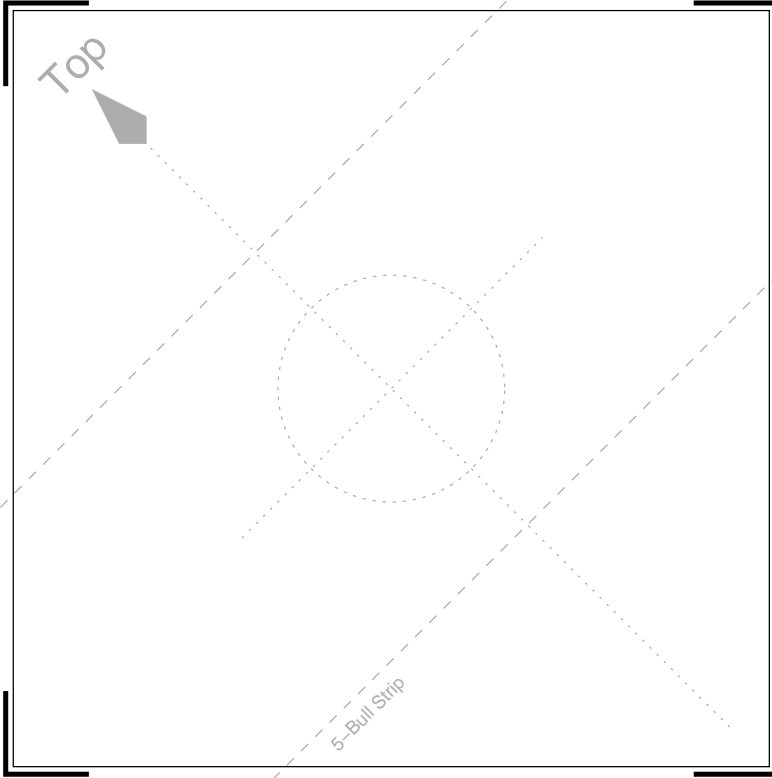
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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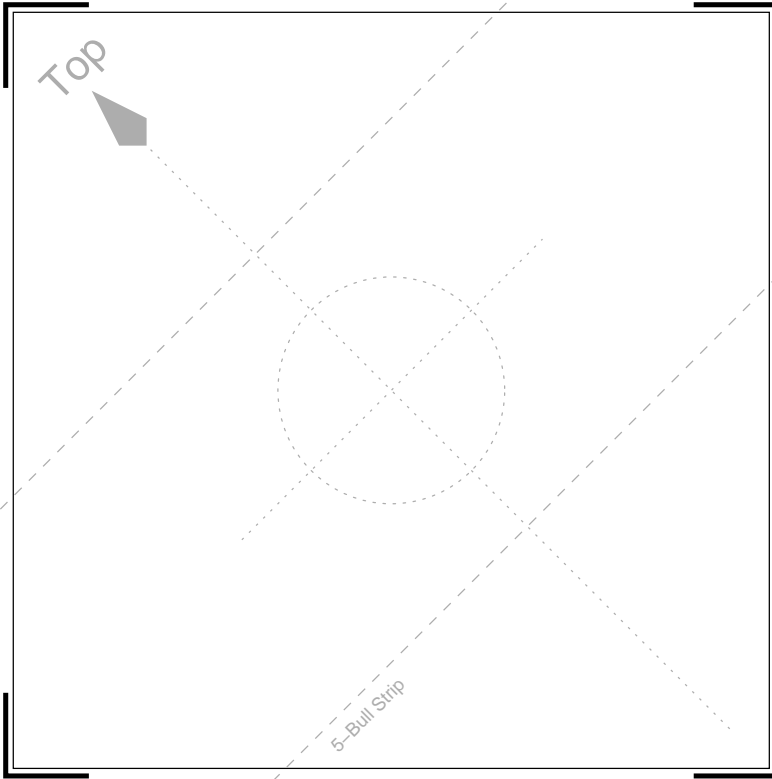
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

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Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position		Hold		Recoil	
Inner Position		Aiming		Breathing	
Mounting the Rifle		Trigger Control		Shot Plan	
Zero Point		Follow-through		Mental State	
Physical condition		Other:			

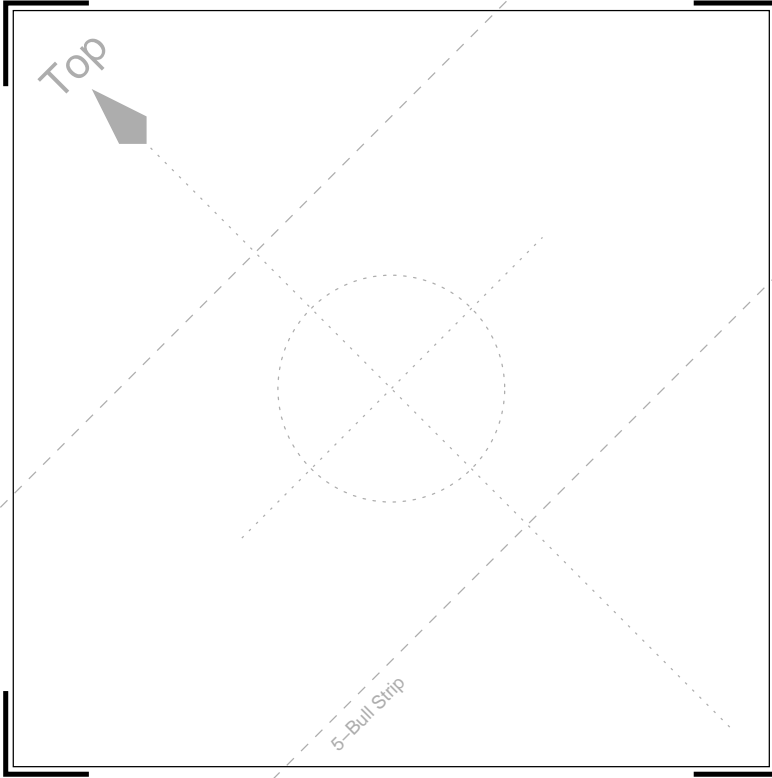
Planned Course of Fire and Intent

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

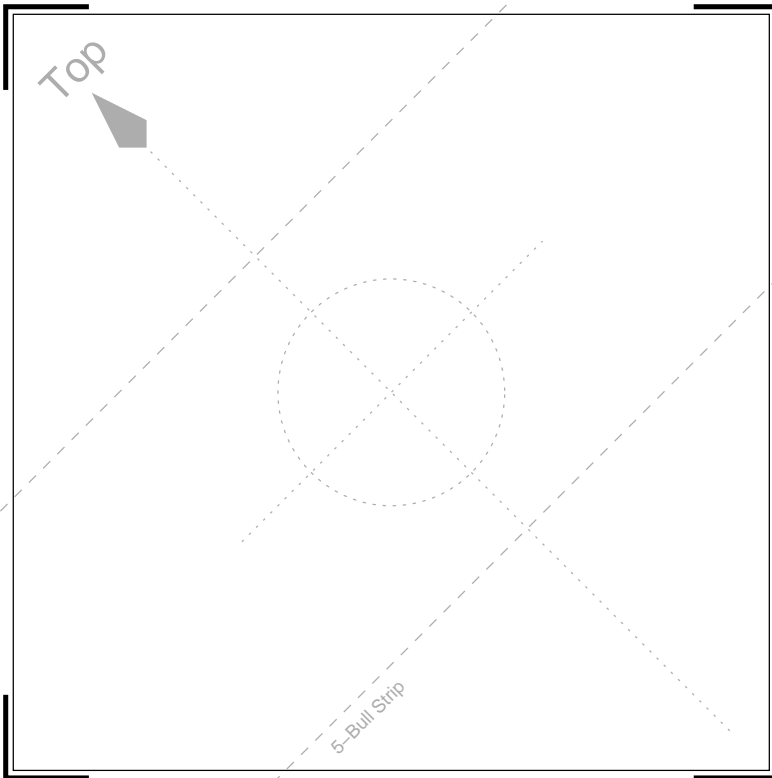
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

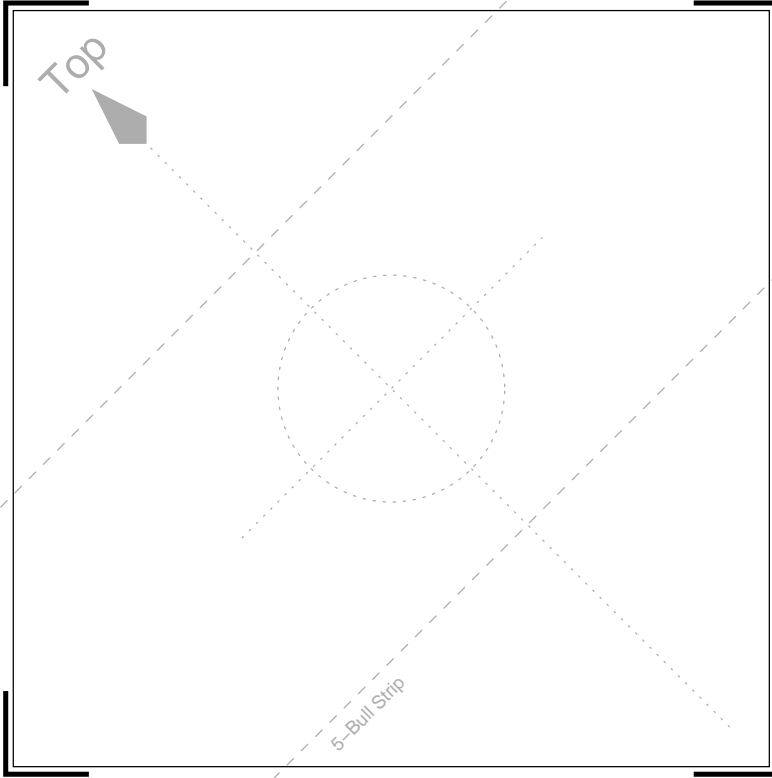
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

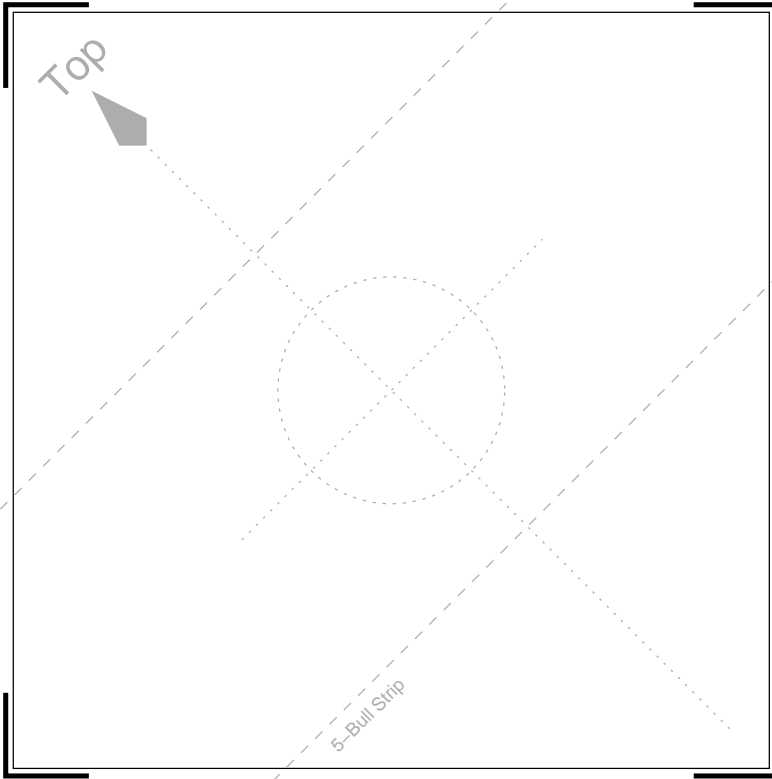
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

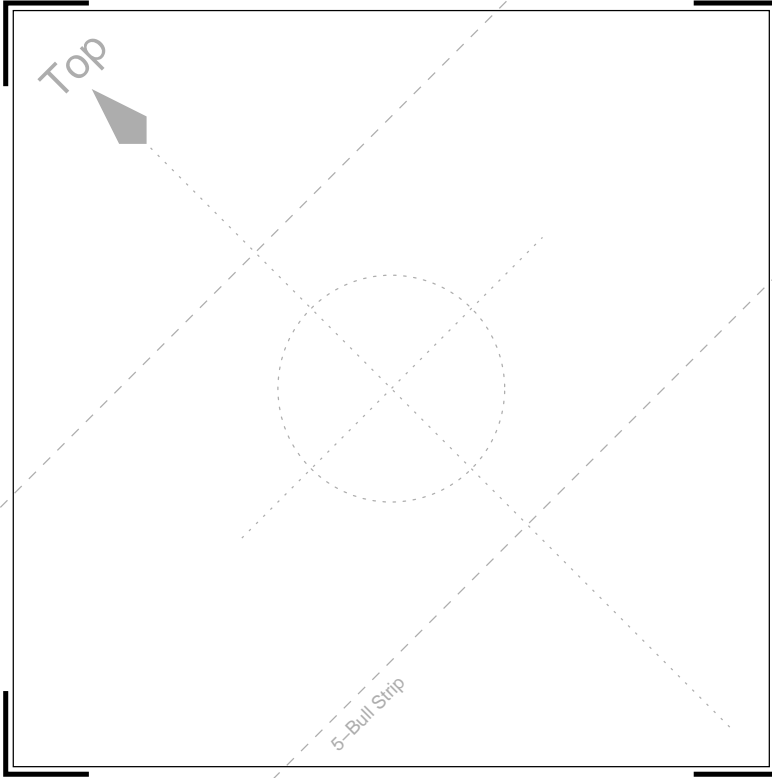
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

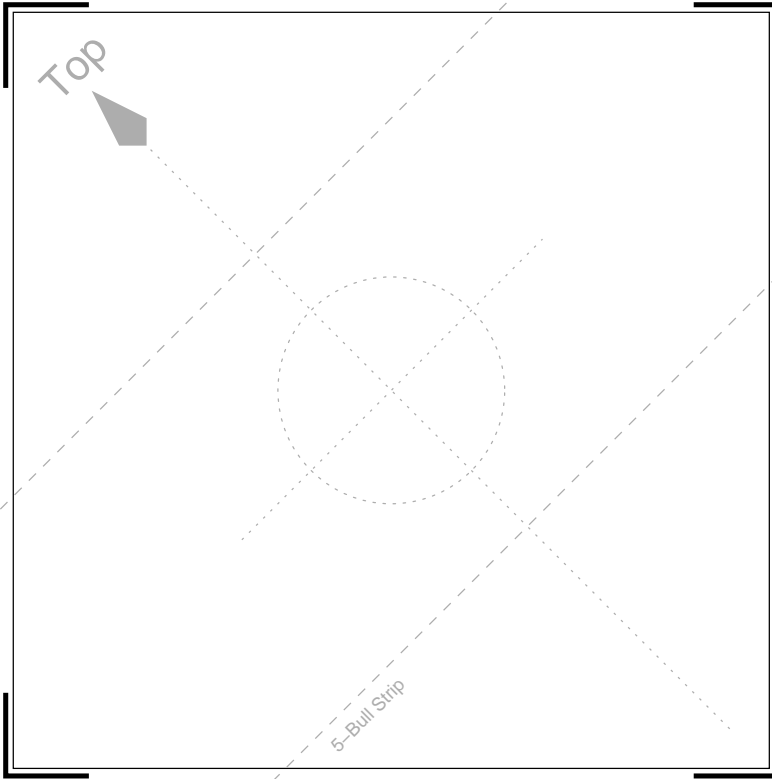
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

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Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position

--

Hold

--

Recoil

--

Inner Position

--

Aiming

--

Breathing

--

Mounting the Rifle

--

Trigger Control

--

Shot Plan

--

Zero Point

--

Follow-through

--

Mental State

--

Physical condition

--

Other:

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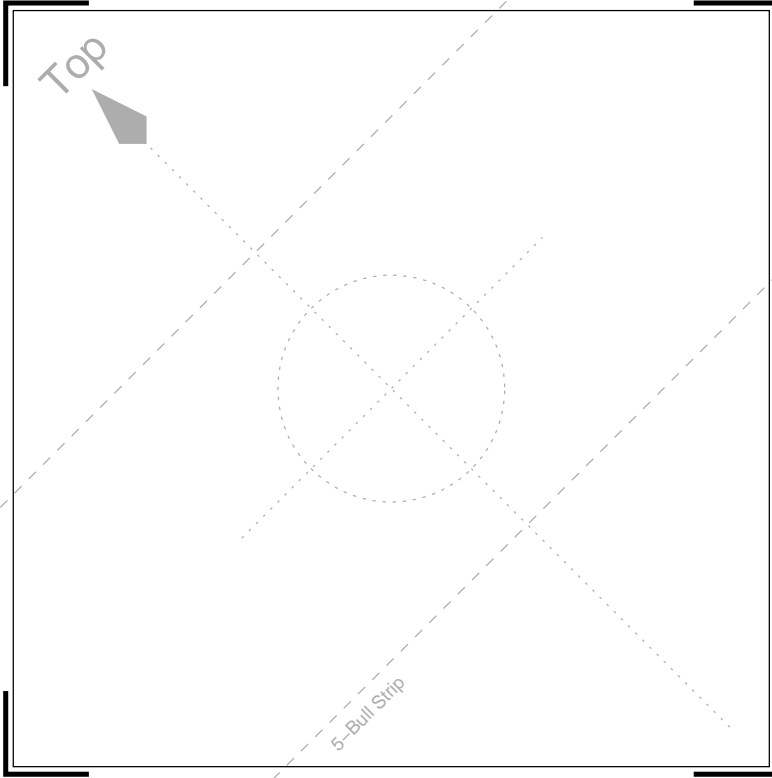
Planned Course of Fire and Intent

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

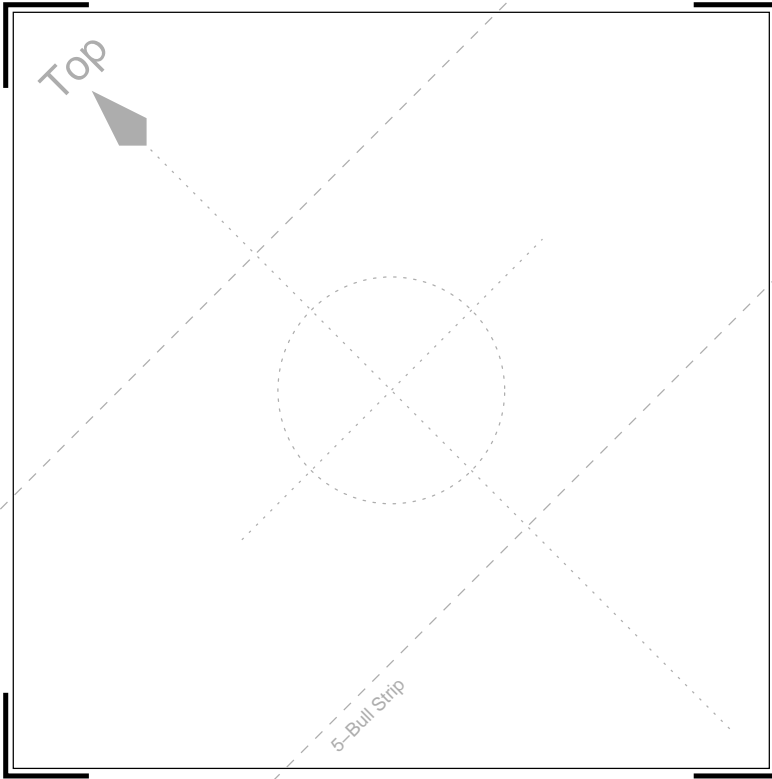
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

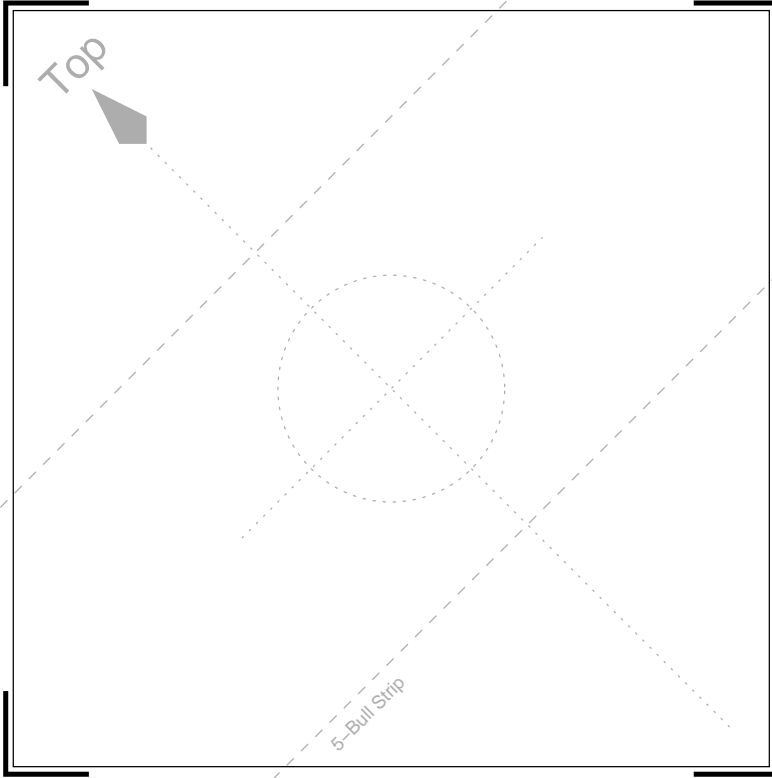
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

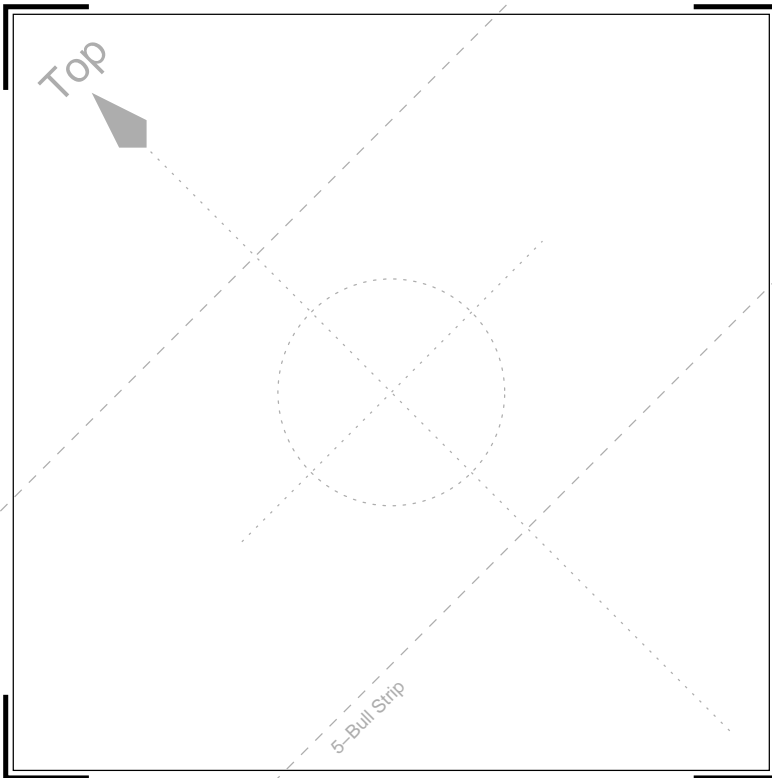
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

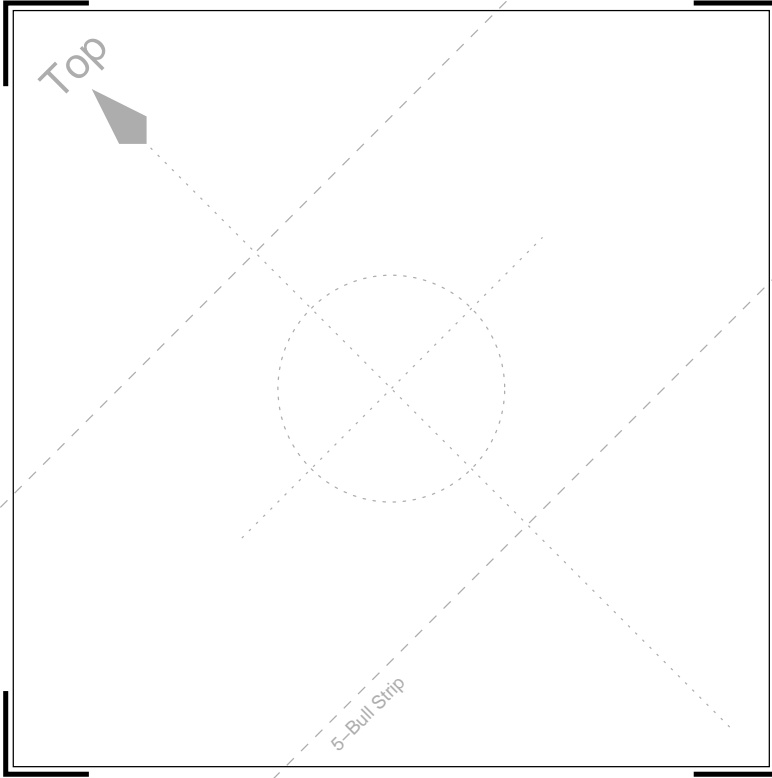
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

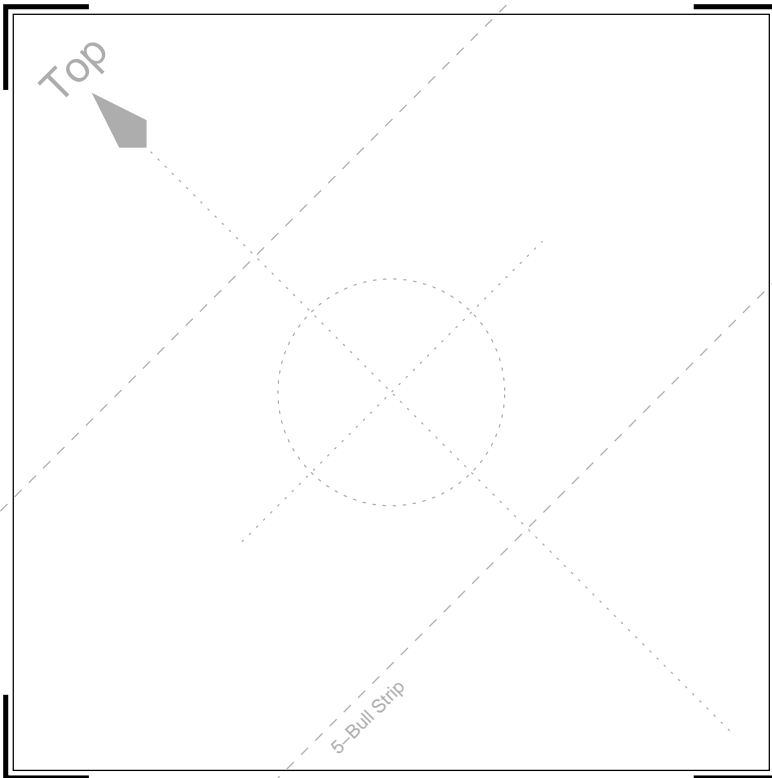
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

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Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position

--

Hold

--

Recoil

--

Inner Position

--

Aiming

--

Breathing

--

Mounting the Rifle

--

Trigger Control

--

Shot Plan

--

Zero Point

--

Follow-through

--

Mental State

--

Physical condition

--

Other:

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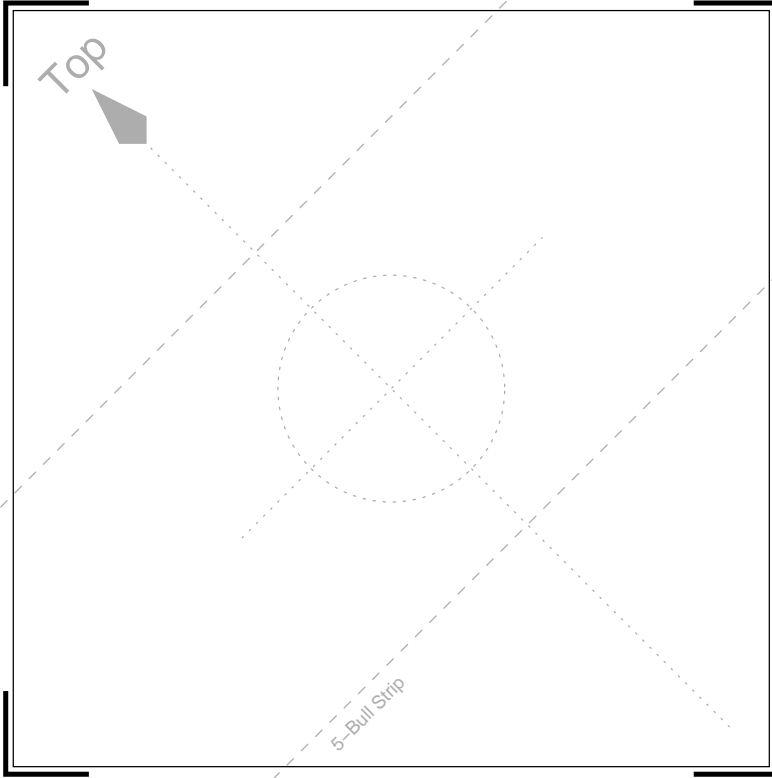
Planned Course of Fire and Intent

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

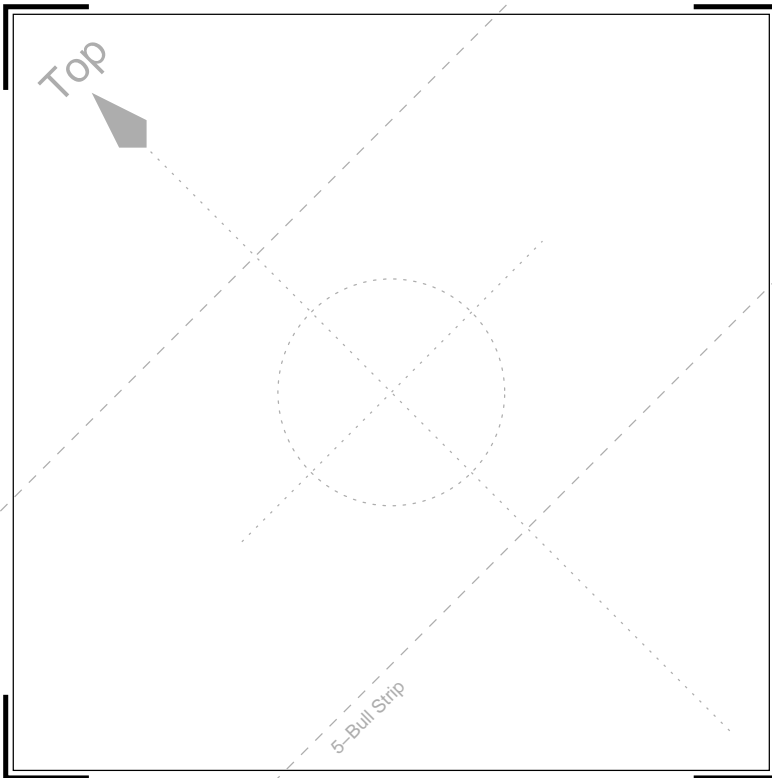
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

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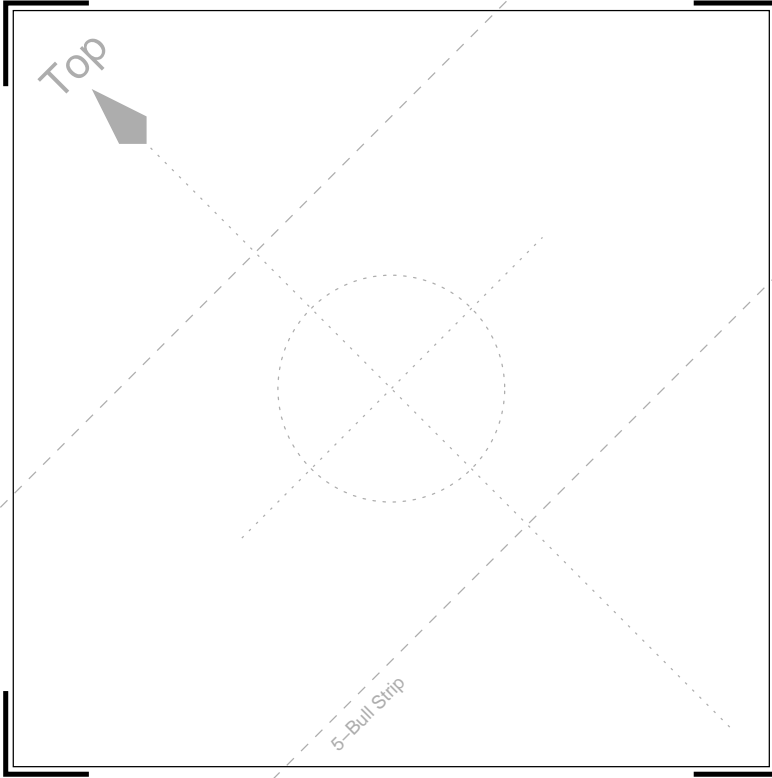
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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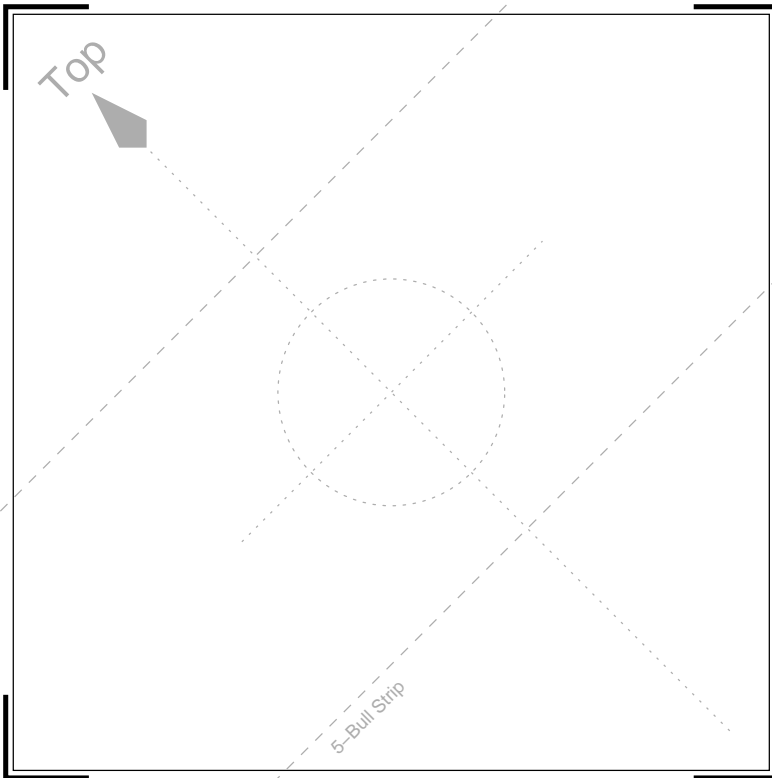
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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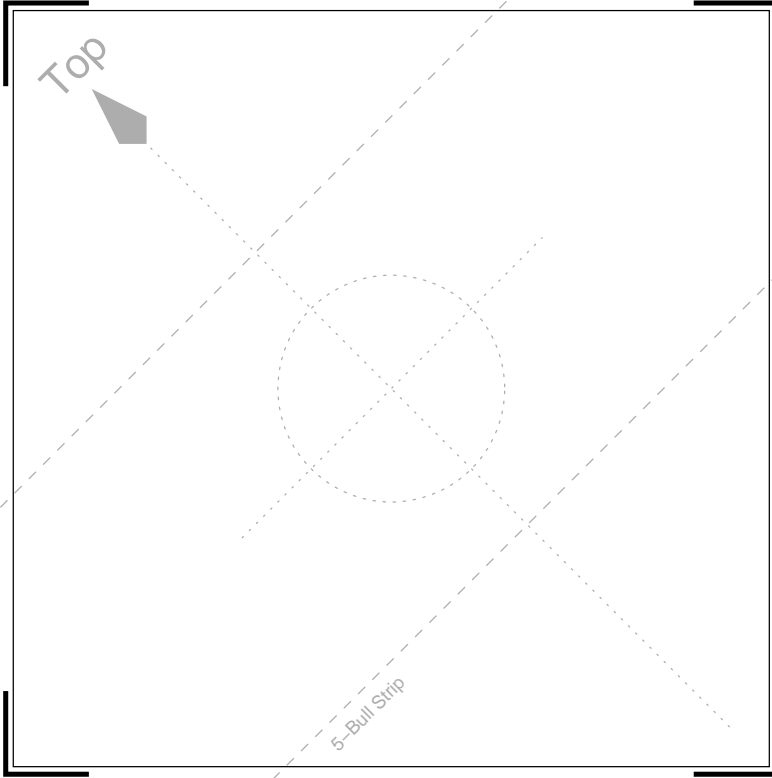
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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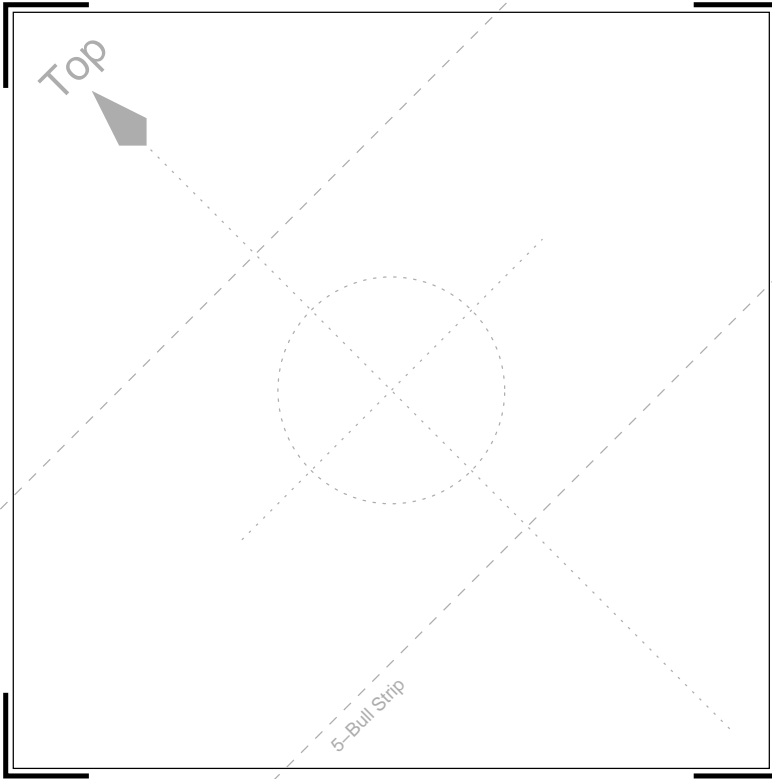
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Gauged

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Notes

Time



Series

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1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

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Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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
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Mental State	①	②	③	④	⑤
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Things that worked

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position		Hold		Recoil	
Inner Position		Aiming		Breathing	
Mounting the Rifle		Trigger Control		Shot Plan	
Zero Point		Follow-through		Mental State	
Physical condition		Other:			

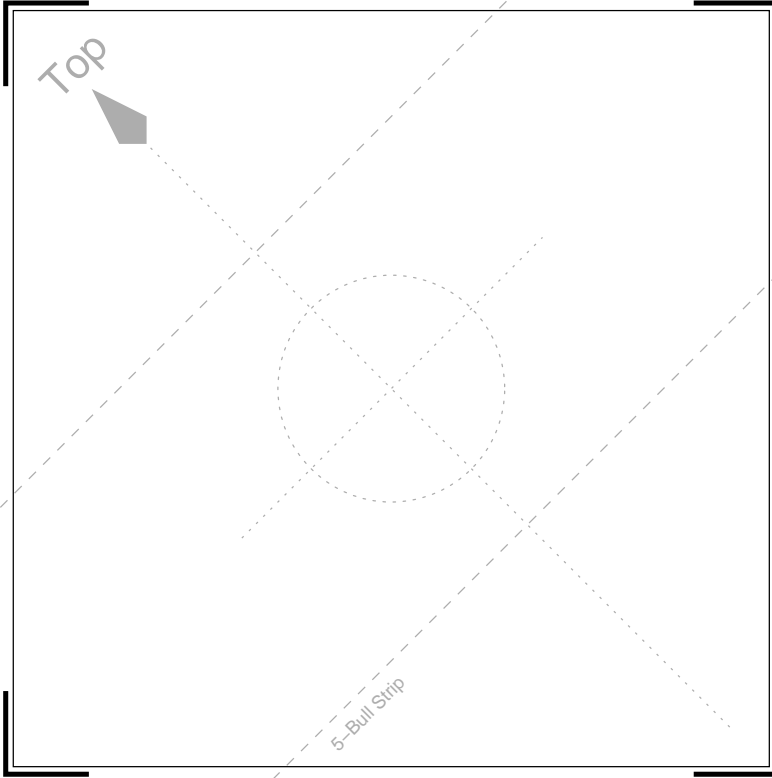
Planned Course of Fire and Intent

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Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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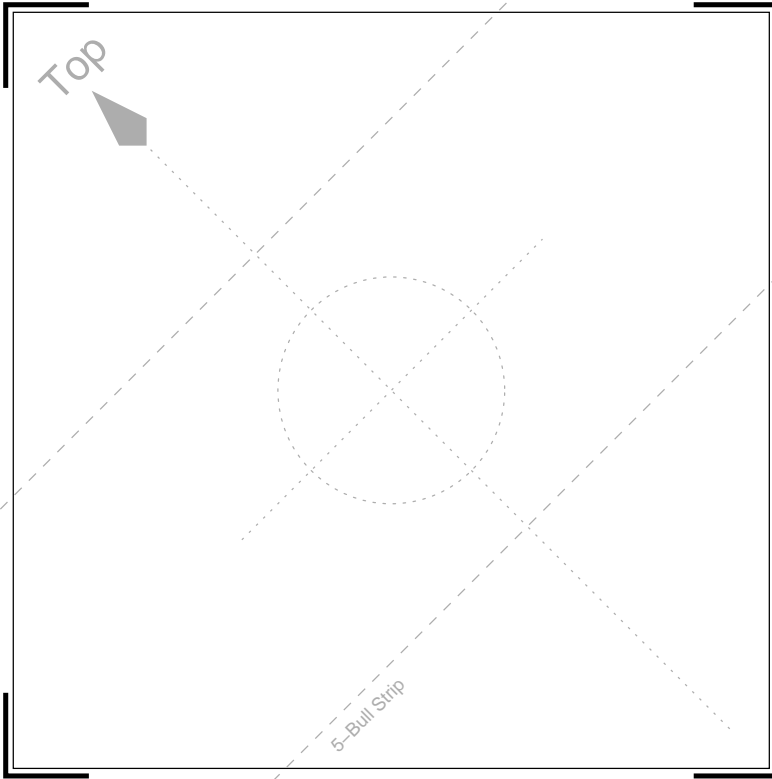
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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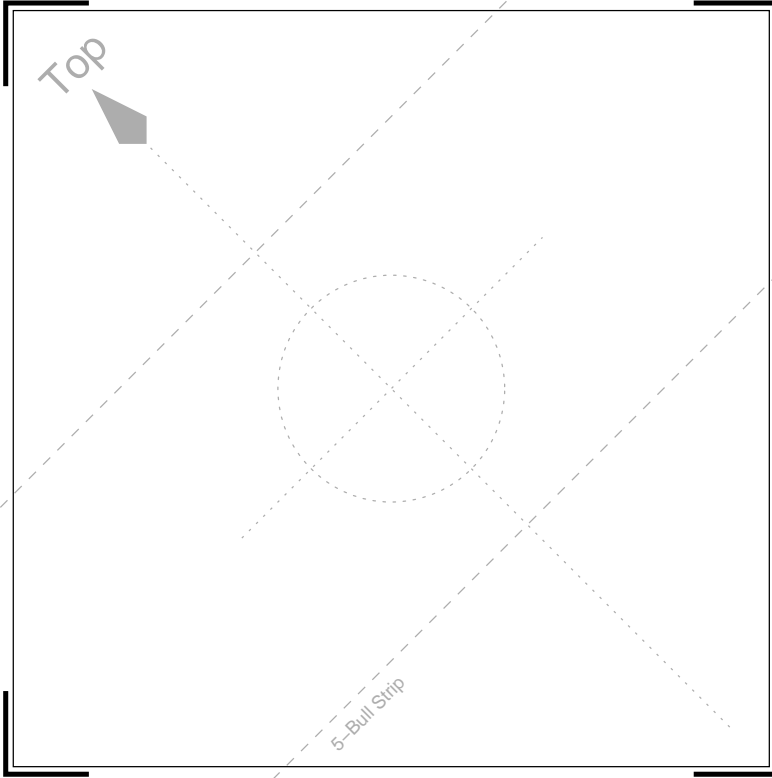
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Notes

Date

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Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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Estimated

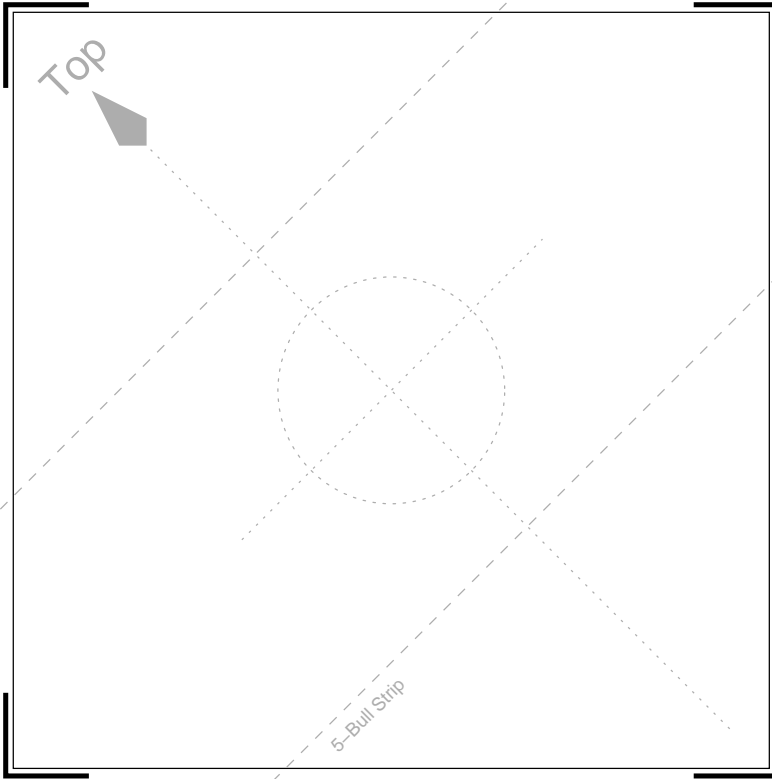
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

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Gauged

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6 7 8 9 10

Estimated

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Gauged

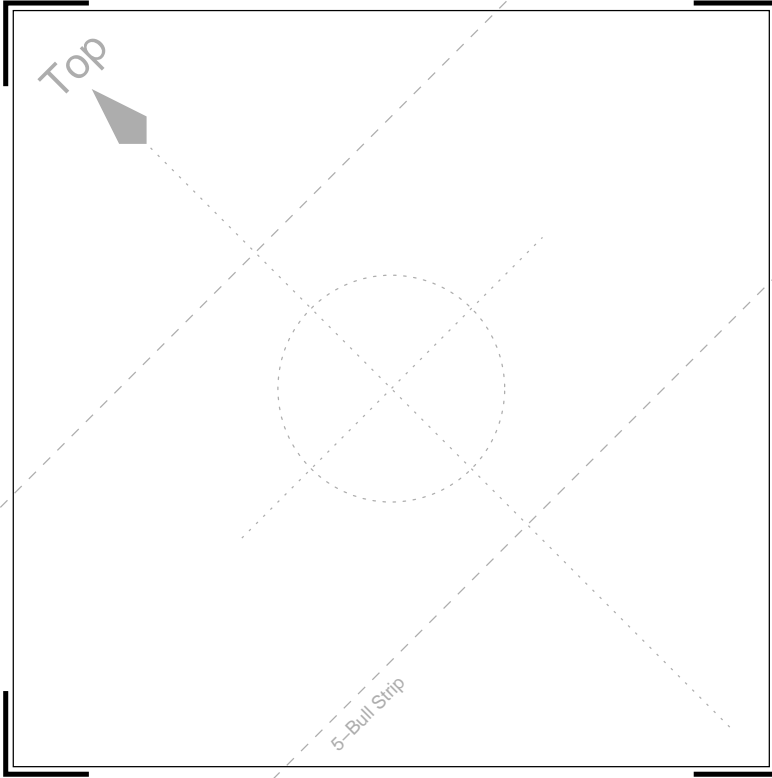
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Notes

Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

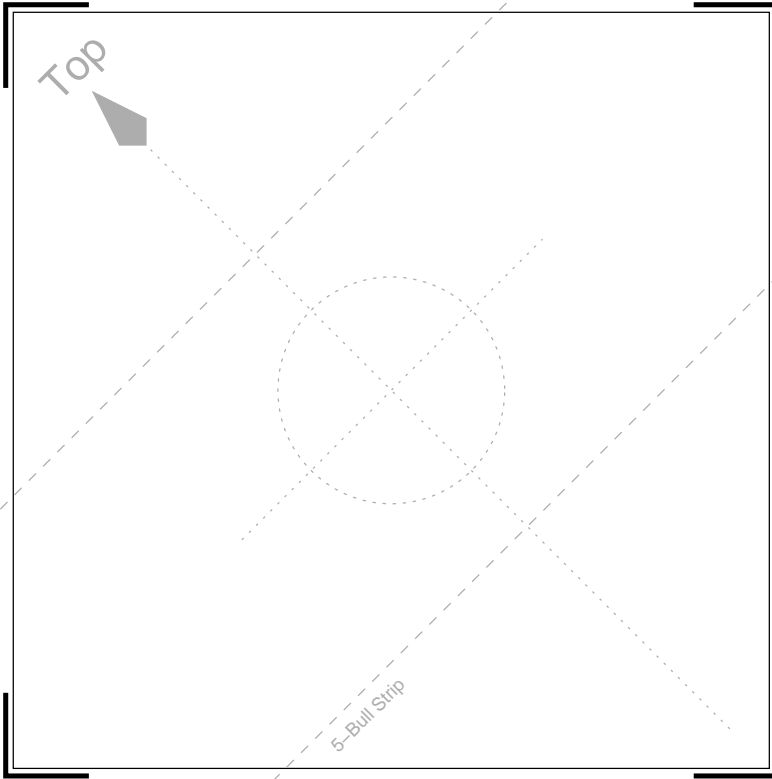
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Gauged

--	--	--	--	--

Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

Notes

Date

Time

Location

Results

[Large empty box for recording results]

	--	-	0	+	++
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

[Empty box for recording things that worked]

Things that could be Improved

[Empty box for recording things that could be improved]

Future Plans

[Empty box for recording future plans]

Air Rifle
Training

Date

--	--	--

Time

--

Location

--

Diet Notes

--

Physical Condition
and Stress Level

--

Range & Equipment condition

--

Training Focus

Outer Position		Hold		Recoil	
Inner Position		Aiming		Breathing	
Mounting the Rifle		Trigger Control		Shot Plan	
Zero Point		Follow-through		Mental State	
Physical condition		Other:			

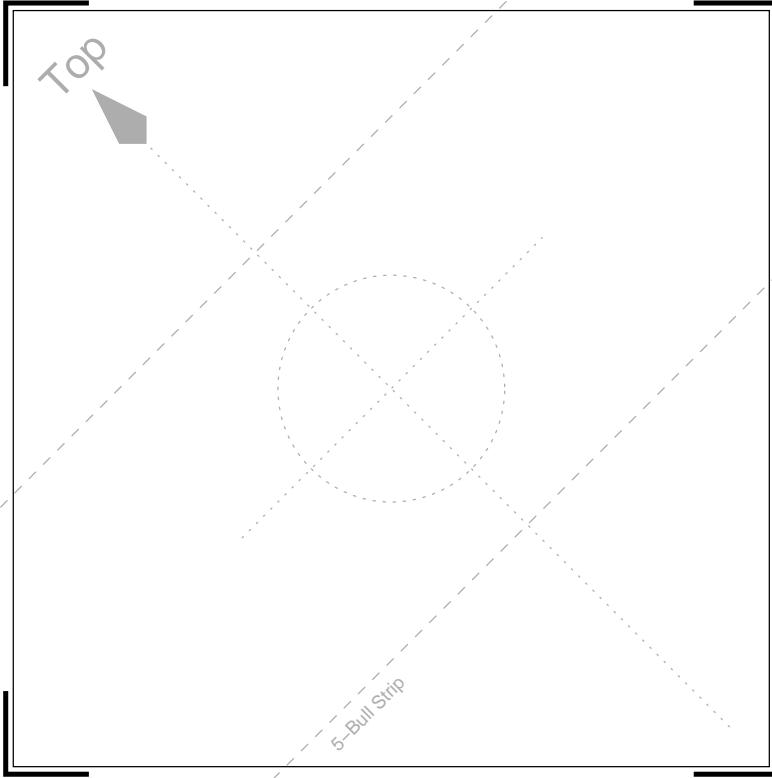
Planned Course of Fire and Intent

--

Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

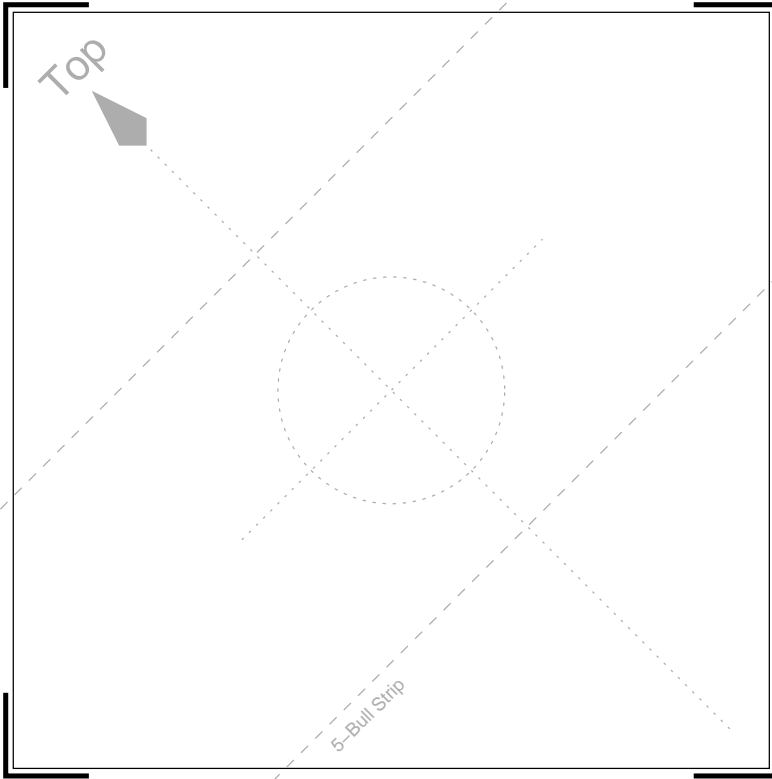
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Gauged

--	--	--	--	--

Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

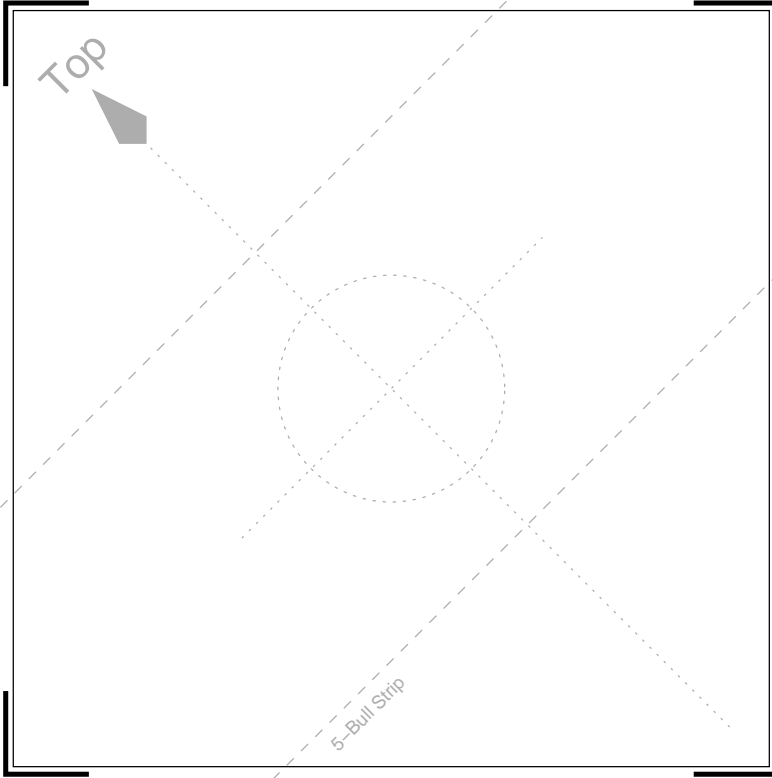
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Notes

Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

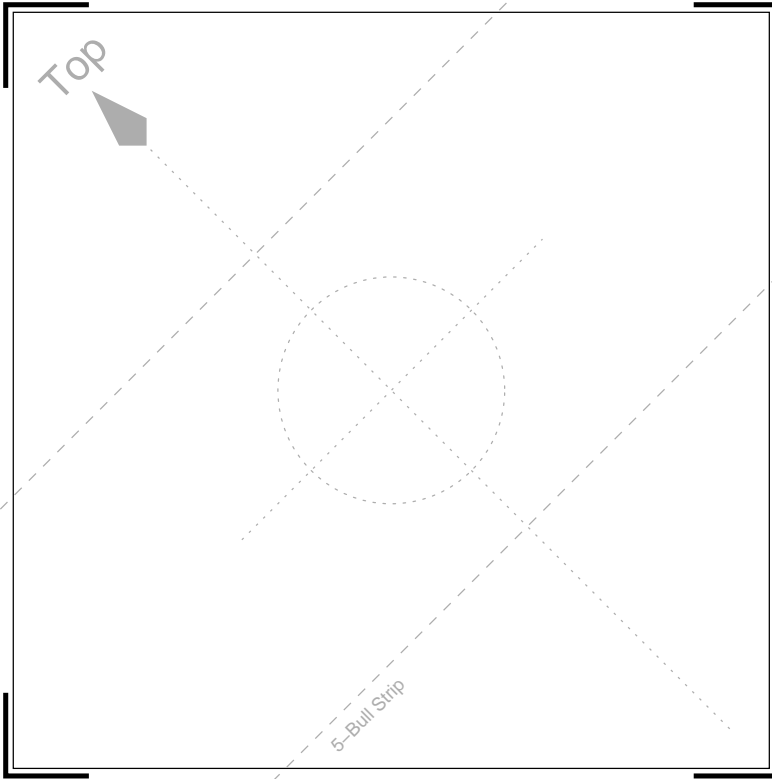
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Gauged

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Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

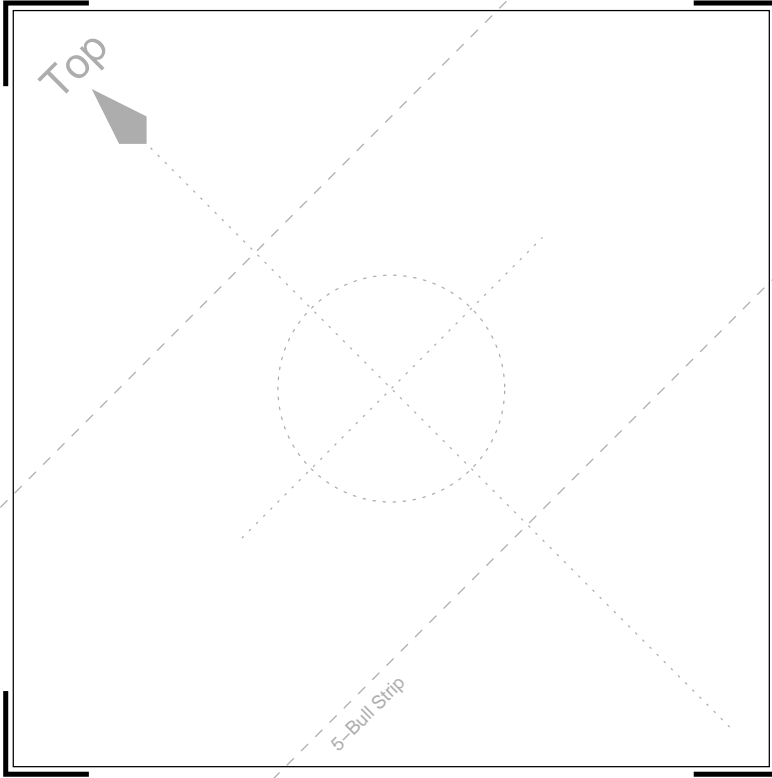
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Notes

Date

--	--	--

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

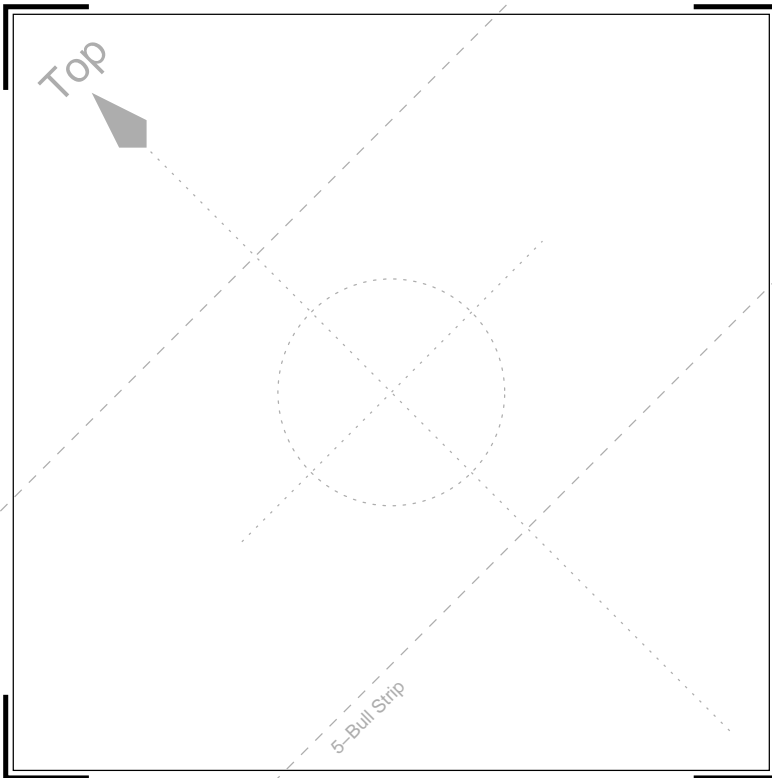
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Gauged

--	--	--	--	--

Notes

Time



Series

Total

1 2 3 4 5

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

6 7 8 9 10

Estimated

--	--	--	--	--

Gauged

--	--	--	--	--

Notes

Date

Time

Location

Results

	--	-	0	+	++
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

Things that could be Improved

Future Plans

Weekly Training Planner

Week No.

From

to

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							

Weekly Training Planner

Week No.

From

to

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							

Weekly Training Planner

Week No.

From

to

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							

Weekly Training Planner

Week No.

From

to

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							

Training Plan Goals

Name

Long Term Goal

Start Date

Finish Date

Goal for this year

Start Date

Finish Date

Present Ability

Date

Estimated amount of time needed per week

Estimated amount of time available per week

Training Plan Goals

Name

Long Term Goal

Start Date

Finish Date

Short Term Goal

Date

Venue

Actual Performance

Comments

Short Term Goal

Date

Venue

Actual Performance

Comments

Training Plan Goals

Name

Long Term Goal

Start Date

Finish Date

Short Term Goal

Date

Venue

Actual Performance

Comments

Short Term Goal

Date

Venue

Actual Performance

Comments

Training Plan Goals

Name

Long Term Goal

Start Date

Finish Date

Short Term Goal

Date

Venue

Actual Performance

Comments

Short Term Goal

Date

Venue

Actual Performance

Comments

Match Plan

Competition

Date

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Venue

Performance Goal

Contingency

Preventative Action Plan

Curative Action Plan

Contingency

Preventative Action Plan

Curative Action Plan

Match Plan

Competition

Date

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Venue

Performance Goal

Contingency

Preventative Action Plan

Curative Action Plan

Contingency

Preventative Action Plan

Curative Action Plan

Match Plan

Competition

Date

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Venue

Performance Goal

Contingency

Preventative Action Plan

Curative Action Plan

Contingency

Preventative Action Plan

Curative Action Plan

Match Plan

Competition

Date

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Venue

Performance Goal

Contingency

Preventative Action Plan

Curative Action Plan

Contingency

Preventative Action Plan

Curative Action Plan

Match Plan

Competition

Date

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Venue

Performance Goal

Contingency

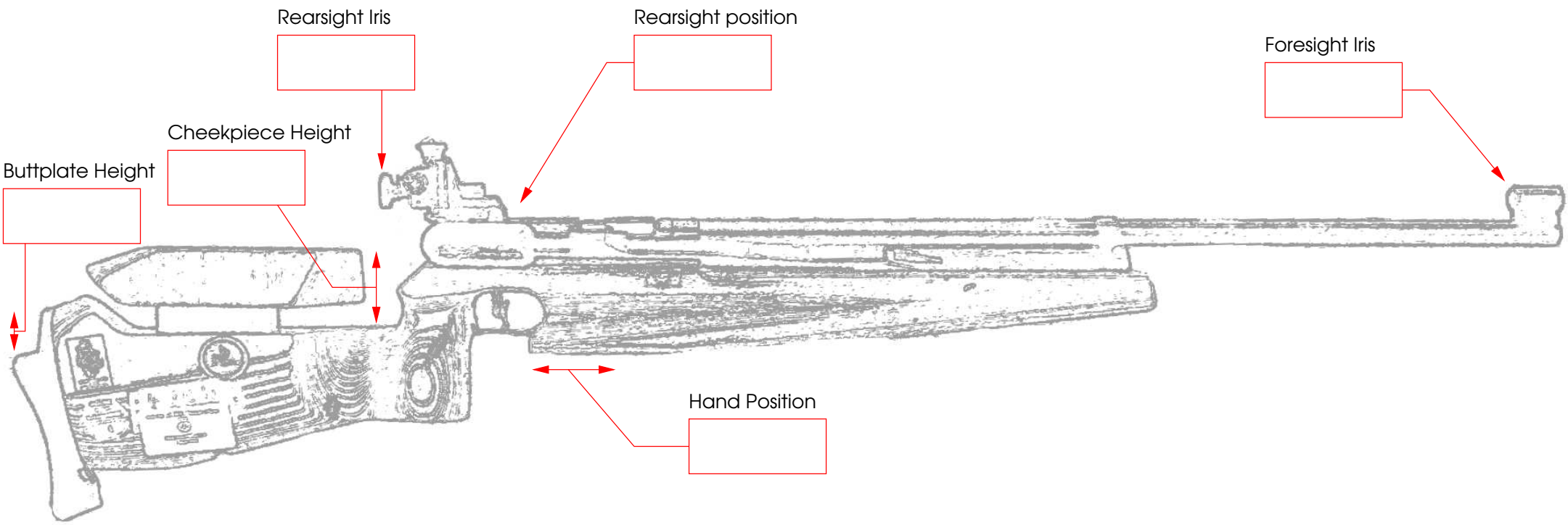
Preventative Action Plan

Curative Action Plan

Contingency

Preventative Action Plan

Curative Action Plan



Pellet Make/Model

Pellet Diameter

Other Notes

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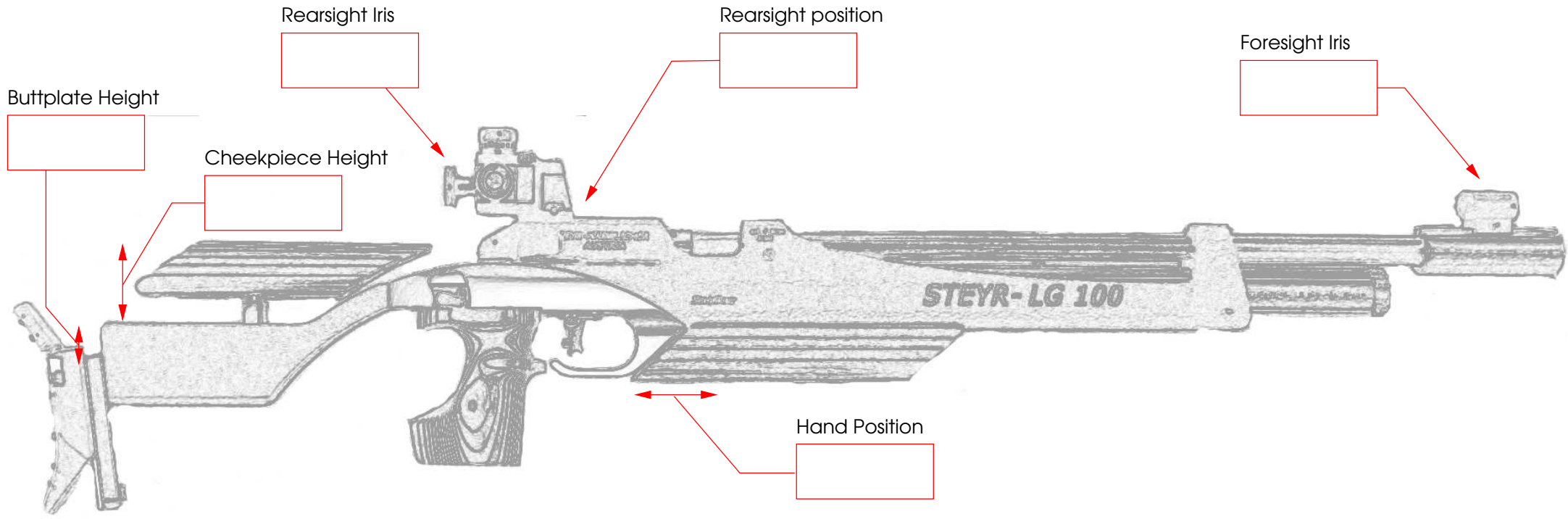
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Pellet Make/Model

Pellet Diameter

Other Notes

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