

Journaling in Notebook

1. **Date and include day:** Example: 8/18/20XX, Tuesday
2. **Temperature and include wind:** Example: 111°, Wind - Calm, Gusty, or Slight
3. **Your goals for practice**
4. **Practice: *Your Workout - Log Your Target Time and Best Time***
Example: 200M .30 (T) .28 (B)
5. **Practice: *Your Thoughts about how you feel***
 Before
 During
 After
6. **Your thoughts for improvement**