PRYMO SPORTS

BJJ Training Journal

One page per class or open mat

DATE _____ **ACADEMY / COACH** _____ **DURATION** _____

SESSION
☐ Class ☐ Open mat ☐ Private ☐ Competition

TYPE
☐ Gi ☐ No-Gi

Positions & techniques drilled

e.g. closed guard, knee-cut pass, armbar from guard. Add ONE key detail for each.

Rolling notes

PARTNER	WHERE I SPENT MOST TIME	WHAT HAPPENED (SUBS, SWEEPS, TAPS)

Focus

What did you work on most?

Wins

What went better than last time?

Struggles

Where did you get stuck?

Reflection

What will you change next session?

Question for my coach

Feeling: energy, cardio, confidence (1-5)

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BJJ Training Journal: Weekly Review

Look for patterns, not single sessions

WEEK STARTING _____

SESSIONS THIS WEEK _____

TOTAL ROUNDS _____

Sessions this week

DAY	SESSION	MAIN FOCUS	HOW IT WENT (1-5)

What kept happening?

Problems that showed up more than once

Biggest win this week

Something that worked better than before

Coach & partner feedback

What did they notice?

Focus for next week

ONE thing to work on

Belt & stripe progress

Date of last stripe/belt, what your coach says to focus on

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