PRYMO SPORTS

Boxing Training Log

One page per session

DATE _____ **GYM / COACH** _____ **ROUNDS** _____

SESSION

☐ Sparring ☐ Pads ☐ Bag ☐ Technique ☐ Fitness ☐ Fight

Combinations & drills

e.g. jab-cross-hook, slip and counter, pivot off the ropes

Sparring rounds

PARTNER / STANCE	ROUNDS	WHAT LANDED	WHAT I GOT CAUGHT WITH

Focus

What were you working on?

Wins

What landed, and why?

Struggles

Distance, footwork, defence, guard

Coach feedback

What did your coach or partner notice?

ONE thing to fix next session

Feeling: energy, breathing, composure (1-5)

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Boxing Training Log: 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

Fight & sparring record

Bouts, results, and what you would change

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