



Today's Date: \_\_\_\_\_

I will dedicate \_\_\_\_\_ hours to batting training today.

List three things you learned from your last training session:

- 1)
- 2)
- 3)

List three things I wish to accomplish or goals that I have for this training session:

- 1)
- 2)
- 3)

I plan to accomplish these goals by:

- 1)
- 2)
- 3)

My reward for accomplishing my goals will be?

What are three things I have more knowledge of or I am better at after my training today?

- 1)
- 2)
- 3)

Bonus: Did I accomplish all three of my goals and receive my reward? Yes / No

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Player Signature