

full circle fastpitch

Monthly Journal - October/November 2020

My monthly goals:

- 1.
- 2.
- 3.

Pre-Workout Reflections

- How will I get better today?
- What am I going to get better at today?
- What's my keyword to keep me focused?

Post-Workout Reflections

- What was my effort level between 1-10?
- How did I feel and what did I do well?
- What do I need to continue to work on?

Something POSITIVE I will start this month:

