

Shooting Performance Diary					Sheet No.	
Ground:		Ranges:			Target colour:	
Name:		Position:			Date:	
Gun:		Chokes:			Cartridges:	
Clothing:					Glasses:	
Event:		Start:			End:	
Performance						
Rounds:	1st:	2nd:	3rd:	4th:	S/off:	
Performance notes:						
Weather						
Temperature:		Cloud cover:			Light:	
Wind:		Affecting targets: L.....M.....H				
Notes:						
Physical Condition						
Travel time:		Meal night before:				
Food/Drink before:			Food/Drink during:			
Notes:						
Psychological condition						
Relaxation exercise:		Pre-Shoot Routing:			Visualisation:	
Notes:						
Planned changes / Notes						