

PCAT Practice Log Book

Date: _____



Circle how you felt before practice today?

1-Cranky

2-Ok

3- Pretty Good

4- Excited

Today's Workout (put a STAR next to the sets you enjoyed) :

What was your main focus during practice?

What did you do well with today?

What did you struggle with during practice?

Circle how you felt after practice?

1-Not Challenged

2-OK

3-Good but Tired

4-Great, More Please!