

Preface

Truthfully, there is nothing better you can do for your career than maintaining a journal. This isn't the typical journal or diary where you write it and forget it. I would challenge you to use this every day. Then, at the end of every month, review it. At the end of every season, review the season. Then at the end of every year, review your progress. Don't let the daily lessons you learn be forgotten. Use this as a tool in your toolbox to take you and your career to the next level. Don't let another day go by without taking this opportunity to improve yourself.

-Tre Horton

“Write everything you learn down, or you will forget it.”

-Robert Horton

How To Use This Journal

First thing's first. Do not skip any section in this book. Always answer the prompt, even if the answer may be 'I don't know yet'. If you haven't done it yet, go ahead and mark the outside of this book up. It's yours to keep forever. You'll eventually review what you wrote inside. Start with your name, year, weight class, and the current season. You should have. A journal for every season. Most wrestlers break them down into Summer, Pre-Season, Folkstyle, and Freestyle/Greco(Essentially every 3 months). Once you've done that you'll need to fill out the goals sheet located just after this section.

Don't rush through your goals. These should take you a few days to write and will end up being a roadmap for the season. Remember, all of your goals should follow the S.M.A.R.T. method. If you are unfamiliar with this method or need to brush up on it, check out the podcast, Wrestling Core, for a quick refresher. Use a pencil as you may be changing these later. After you've completed your goals you'll be ready to start your season.

Every week will start with two questions and a quote. Side Note: If you made attainable goals, then you should be answering the first question differently every week. If you see that you're not then it might be worth reevaluating your goals or what you're doing to get there. When you're doing your daily entries, I have one word of advice. Do not be general. Be specific. Don't just name a move. Describe it. Write in such a way that you could reteach yourself if you need to. Use this tool to the fullest this season.

Good luck young athlete. Don't skip this book and definitely do not skip a workout. Even on the holidays. This sport isn't easy, but taking the

opportunity to write this stuff down will pay off. Be a student of the sport and don't miss an opportunity to improve yourself.

WRESTLING

CORE

COKE

Goals

Short Term Goals

WRESTLING

CORE

COKE

Mid Term Goals

WRESTLING

Long Term Goals

CORE
CORE

Journal

It's time to take your career to the next level. Don't miss any prompts, and feel free to use the white space to write in extra stuff that you may feel is important. If you haven't already, tune into the Wrestling Core Podcast for more ways you can improve as a wrestler.



Have feedback and want to help make this journal better? Reach out to us here: **feedback@choosetopnetwork.com**

Week 1

What is your next goal?

What are you going to do this week to get there?

CORE

CORE

“Do your best every time, but always do it right the first time.”

-Robert Horton

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 2

What is your next goal?

What are you going to do this week to get there?

“Set your goals high, and don't stop till you get there.”

-Bo Jackson

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 3

What is your next goal?

What are you going to do this week to get there?

“Every day I turned a ‘you can’t’ into a ‘you can.’”

-Rulon Gardner

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 4

What is your next goal?

What are you going to do this week to get there?

“A lot of my intensity in wrestling was due to my mental preparation before the matches. I got myself into a different world.”

-Dan Gable

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 5

What is your next goal?

What are you going to do this week to get there?

“Your future is created by what you do today, not tomorrow.”

-Robert T. Kiyosaki

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 6

What is your next goal?

What are you going to do this week to get there?

“There's no elevator to success. You'll have to take the stairs.”

-Dwayne ‘The Rock’ Johnson

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 7

What is your next goal?

What are you going to do this week to get there?

“Wrestlers compete as individuals yet the sport builds comradery like no other. Friendships among teammates are for life.”

-Cael Sanderson

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 8

What is your next goal?

What are you going to do this week to get there?

“Accept the challenges so that you may feel the exhilaration of victory”

-General George S. Patton

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 9

What is your next goal?

What are you going to do this week to get there?

“You can't put a limit on anything. The more you dream, the farther you get.”

-Michael Phelps

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 10

What is your next goal?

What are you going to do this week to get there?

“There's always ways of motivating yourself to higher levels.
Write about it, dream about it. But after that, turn it into action.
Don't just dream.”

-Dan Gable

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 11

What is your next goal?

What are you going to do this week to get there?

“Discipline, focus, endurance is what it takes to be the greatest at this sport.”

-Jordan Burroughs

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 12

What is your next goal?

What are you going to do this week to get there?

“I actually am as good as everyone else pretends to be. It's scary.”

-Dean Ambrose

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 13

What is your next goal?

What are you going to do this week to get there?

“To get better, you have to step out of your comfort zone. You can't do the same things you've always done and improve.”

-Jordan Burroughs

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 14

What is your next goal?

What are you going to do this week to get there?

“The first step before anyone else believes it is that you have to believe it. It's that simple.”

-William C. Smith Jr.

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 15

What is your next goal?

What are you going to do this week to get there?

“Anybody can win the matches you can dominate, but it’s the tough matches that are going to make the difference.”

-Jim Zalesky

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 16

What is your next goal?

What are you going to do this week to get there?

“To be a great champion you must believe you are the best. If you're not, pretend you are.”

-Muhammad Ali

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 17

What is your next goal?

What are you going to do this week to get there?

“Gold medals aren't really made of gold. They're made of sweat, determination, and a hard to find alloy called guts.”

-Dan Gable

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 18

What is your next goal?

What are you going to do this week to get there?

“It's never too late to be great.”

CORE
CORE

-Jordan Burroughs

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 19

What is your next goal?

What are you going to do this week to get there?

“A wrestler doesn't decide to be good just by himself. He needs people behind him to support him.”

-Ed Ruth

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 20

What is your next goal?

What are you going to do this week to get there?

“How do you beat an individual who hasn’t been beaten in 13 years? With the help of others.”

-Rulon Gardner

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Week 21

What is your next goal?

What are you going to do this week to get there?

“Success is the peace of mind knowing that you've given your all into achieving a goal.”

-Jordan Burroughs

Sunday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Monday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Tuesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Wednesday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Thursday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Friday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

Saturday

Current Record: ____ - ____

What did you learn today?

What do you want to learn?

WRESTLING

What was your biggest challenge?

CORE

What is your next goal?

End of Season

Final Record: ____ - ____

What do you want to do differently during your next season?

What was your favorite memory?

What was your biggest challenge?
