

BRAZILIAN JIU-JITSU TRAINING JOURNAL

INSTRUCTOR: _____

CLASS FOCUS: _____

DATE: ___/___/___

TECHNIQUE 1:

TECHNIQUE 2:

TECHNIQUE 3:

GOALS FOR ROLLING:

1. _____ SUCCESS Y/N
2. _____ SUCCESS Y/N
3. _____ SUCCESS Y/N

AREAS TO WORK ON:

1. _____
2. _____
3. _____

WATER INTAKE (BOTTLES): 1 2 3 4 5 6 7 8 9 10

PROTEIN (G): _____ CARBS (G): _____ FAT (G) _____

SUPPLEMENTS:

PHYSICAL TRAINING: CARDIO: Y/N WEIGHTS: Y/N MET-CON: Y/N

TRAINING INTENSITY: 1 2 3 4 5

HOW I FELT OVERALL: 1 2 3 4 5

NOTES:

FIGHTING IS THE BEST THING A MAN CAN HAVE IN HIS SOUL.

- RENZO GRACIE

