


ZOAR FITNESS

WORKOUT REFLECTION JOURNAL

A photograph of a man with extensive tattoos running on a track at night. The track has white lane markings. The man is in a running stride, looking down. The background is dark, suggesting a night setting.

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zoarfitness.com

ZOAR FITNESS | REFLECTION JOURNAL

Start Date: _____ [Monday]

End Date: _____ [Sunday]

Looking at my workouts this week, where will I be most challenged?

(Challenged with a difficult piece, challenged/tempted to skip a least favorite movement, challenged to go too hard or easy, etc.)

When an aspect of training goes poorly, what will be my predetermined response?

Based on the unique demands of each day, create a focal point for each.

(The focal point should be written in a way to encourage you to perform your best despite the circumstances.)

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Date: _____ [Monday]

ZOAR FITNESS WORKOUT REFLECTION JOURNAL

Before Your Workout

1 Focal Point for Today's Workout (Where is the 1% today?)

- _____

After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

- _____
- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Tuesday]

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1 Focal Point for Today's Workout (Where is the 1% today?)

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After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

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- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Wednesday]

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1 Focal Point for Today's Workout (Where is the 1% today?)

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After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

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- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Thursday]

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Before Your Workout

1 Focal Point for Today's Workout (Where is the 1% today?)

- _____

After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

- _____
- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Friday]

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Before Your Workout

1 Focal Point for Today's Workout (Where is the 1% today?)

- _____

After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

- _____
- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Saturday]

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Before Your Workout

1 Focal Point for Today's Workout (Where is the 1% today?)

- _____

After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

- _____
- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____

Date: _____ [Sunday]

ZOAR FITNESS WORKOUT REFLECTION JOURNAL

Before Your Workout

1 Focal Point for Today's Workout (Where is the 1% today?)

- _____

After Your Workout

3 Things that Went Well from Today's Workout (Strong Suits)

- _____
- _____
- _____

3 Things that I Learned from Today's Workout (Areas of Growth)

- _____
- _____
- _____

3 Things that I Need to Work on from Today's Workout (Future Focal Points)

- _____
- _____
- _____