

One wrestler. Fifteen days.

Beside the result, a line about what you noticed.

Wrestler: _____ **Year / tournament:** _____

One thing to watch: _____

For example: Did the right arm get inside? Did the feet keep moving after the push?

Day	Opponent	W / L	Winning technique	What I saw / next question
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

LOOKING BACK

The bout I remember best: _____

What changed from my first impression: _____

What I want to watch next tournament: _____

Leave missed days blank. Check results and winning techniques against the official record.