FolarraStudio

Boxing Training Log

jab · move · rounds

UNDATED · PRINTABLE · PRACTICE, GAMES & PROGRESS

This Log Belongs To

for players who want to improve

PLAYER _____

TEAM / CLUB _____

POSITION _____

COACH _____

STARTED ON _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goals and Practice log pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Log every practice and fill in a page after each game or match.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My goal for this season

Why I love this sport

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Season Goals

what I am working towards

Skills

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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Results

- [ ]
- [ ]
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Fitness

- [ ]
- [ ]
- [ ]
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- [ ]

Notes

Practice Log

every session

DATE	ROUNDS	BAG / PADS / SPAR	ROADWORK	NOTES

Sparring Record

one per page

DATE _____ OPPONENT / PARTNER _____

ROUNDS _____ RESULT _____

What worked

What to fix

Coach feedback

Season Stats

month by month

SEASON _____ TEAM / CLUB _____

MONTH	SESSIONS	ROUNDS	SPARRING	MILES
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				
Total				

Personal Bests

beat them one by one

EVENT / SKILL	BEST	DATE	WHERE
Rounds in a session			
Mile time			
Skipping record			

Training Plan

week by week

GOAL _____ START DATE _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Gear Checklist

pack before you go

Bag

- [ ] Gloves
- [ ] Wraps
- [ ] Mouthguard
- [ ] Skipping rope
- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____

Wear

- [ ] Shoes
- [ ] Headgear
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____
- [ ] _____

Extras

- [ ] Water
- [ ] Towel
- [ ] Snack
- [ ] _____
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Coach & Lesson Notes

what to practice

DATE _____ COACH _____

What we worked on

Tips

Homework

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]

Next time

Combination Notes

combos to drill

COMBO	DEFENSE	DRILLED
		☐
		☐
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Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log helps you play your best. If you enjoy it, tell a friend about folarrastudio.com.

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