FolarraStudio

Scuba Dive Log

descend · explore · ascend

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

Contents

tap a title in the digital planner to jump to it

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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	SITE	DEPTH	TIME	BUDDY	NOTES

Dive Record

one per page

DATE _____ DIVE SITE _____

MAX DEPTH _____ BOTTOM TIME _____

Air in / out

Water & visibility

What I saw

Buddy signature

Season Stats

month by month

SEASON _____ TEAM / CLUB _____

MONTH	DIVES	HOURS	MAX DEPTH	NEW SITES
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
Deepest dive			
Longest dive			
Total dives			

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

Gear

- [ ] Mask
- [ ] Fins
- [ ] BCD
- [ ] Regulator
- [ ] Computer
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Exposure

- [ ] Wetsuit
- [ ] Hood
- [ ] Gloves
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Docs

- [ ] Cert card
- [ ] Logbook
- [ ] Insurance
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Coach & Lesson Notes

what to practice

DATE _____ COACH _____

What we worked on

Tips

Homework

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Next time

Marine Life Spotted

creatures seen

DATE	CREATURE	SITE	NOTES

Certifications

courses and cards

COURSE	AGENCY	DATE	CARD NO. HINT

Notes



FolarraStudio

Thank you!

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