

THIS AN EXAMPLE/TEMPLATE AND NOT A COMPLETE 3 MONTH PLAN

3 Month Plan (January, February, March)

Goal 1

Finish 90% percent of my fights by submission

- Step 1: Pick 3 submissions that will be on Gameplan.
- Step 2: Drill each submission 1000 times.
- Step 3: Catch submission during school rolling hours 100 times.
- Step 4
- Step 5.

Goal 2

Develop at least four students by March 31st to win the white belt or beginner division.

- Step 1: More Circuit Training
- Step 2: etc...

Goal 3

Win Panamericans and Worlds

- Step 1: 100 Hours of Film Watching
- Step 2: 100 Hours of Gameplan Development
- Step 3: 100 Hours of Gameplan Execution

3 Month Journal

Date	What you did to work towards Goal #1	What you did to work towards Goal #2	What you did to work towards Goal #3
1/19/2008	On this day I did this.....	etc...	etc...
1/20/2008			
1/21/2008			
1/22/2008			
1/23/2008			
1/24/2008			
1/25/2008			
1/26/2008			
1/27/2008			
1/28/2008			