

On the course

This section should be completed at the end of each day.

Day one

Date.....

What we did today:.....

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What I enjoyed the most:.....

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What I have improved on today:

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What I need to work on tomorrow:

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To achieve my goals tomorrow I will need to:.....

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Day two

Date.....

What we did today:.....

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What I enjoyed the most:.....

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What I have improved on today:

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What I need to work on tomorrow:

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To achieve my goals tomorrow I will need to:.....

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