

Meet-Day Journal

Space to remember progress, confidence, and questions.

MEET DETAILS

Meet and date:

Program / level / event:

One goal before the routine:

WHAT HAPPENED

A moment that showed improvement:

An unexpected challenge or question:

Something my gymnast was proud of:

AFTER THE MEET

One thing to celebrate today:

One constructive question for the coach:

REMEMBER

A meaningful meet is bigger than a single number on a scoreboard.