



WEEKLY PROGRESS REPORT

NAME _____

DATE _____

WEIGHT CLASS _____

GRADE _____

RECORD _____

Below is your rating in each category measuring your level of commitment this past week with 5 indicating a high mark and 1 indicating the lowest mark. It should be your goal to improve in each category each week. (YOU MAY NOT USE 4 AS AN INDICATOR). Return to myrmidonwrestling@gmail.com

<u>CRITERIA</u>	<u>RATING</u>
DEDICATION AND DETERMINATION	_____
MENTAL ATTITUDE	_____
STRENGTH WORK	_____
PHYSICAL CONDITIONING	_____
COOPERATION WITH OTHERS	_____
COMPETITIVENESS	_____
ENTHUSIASM AND MOTIVATION	_____
FOCUS AND LEARNING	_____