

# Lesson Planner & Progress Tracker

Print or save – track every lesson and see your improvement over time.

## Lesson Notes

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Lesson Type:  Private  Group  Online  Clinic

Focus Today: \_\_\_\_\_

Key Takeaways: \_\_\_\_\_

Drills to Practice: \_\_\_\_\_

Next Lesson Goal: \_\_\_\_\_

## Pre-Lesson Checklist

- Paddle (and backup)
- Water bottle
- Athletic shoes with lateral support
- Comfortable clothing
- Towel
- Sunscreen & hat (outdoors)
- Notepad & pen
- Review last lesson's notes

## Weekly Practice Tracker

Day	Drill Done?	Minutes	Notes
Mon	<input type="checkbox"/>	_____	_____
Tue	<input type="checkbox"/>	_____	_____
Wed	<input type="checkbox"/>	_____	_____
Thu	<input type="checkbox"/>	_____	_____
Fri	<input type="checkbox"/>	_____	_____
Sat	<input type="checkbox"/>	_____	_____
Sun	<input type="checkbox"/>	_____	_____

## Skill Level Progress

Starting Level: \_\_\_\_\_ Date: \_\_\_\_\_

Current Level: \_\_\_\_\_ Date: \_\_\_\_\_

Goal Level: \_\_\_\_\_ Target Date: \_\_\_\_\_

Levels: 1.0-1.5 Novice | 2.0-2.5 Advanced Beginner | 3.0 Intermediate | 3.5 Advanced Intermediate | 4.0 Advanced | 4.5 Expert | 5.0+ Professional

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