



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	☐	_____	_____
Tue	☐	_____	_____
Wed	☐	_____	_____
Thu	☐	_____	_____
Fri	☐	_____	_____
Sat	☐	_____	_____
Sun	☐	_____	_____



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