

Coaches and professional athletes of all disciplines believe in the power of keeping a journal. Designed together with a former elite gymnast and coach, this journal is more than just blank pages. This book has prompts for overall performance, physical wellness, motivation and attitude. The gymnast is encouraged to reflect on practices, meets and how they can improve. Gymnastics is a mental sport. Whether the journal is for the gymnast's eyes only or to share and discuss with a coach; the process of sitting and putting feelings, fears and accomplishments on paper allows gymnasts to inspire themselves. 1 page for all about me and long term goals. 150 guided journal pages 50 blank journal pages flexibility and strength chart to record progress

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