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| | ДНЕВНИК ТРЕНИРОВОК И СОРЕВНОВАНИЙ | | | | --- | --- | --- | | Место: | | Дата: | | **Патроны и ружьё:** | **Машинки и мишени:** | | | ПОГОДНЫЕ УСЛОВИЯ И МЕСТНОСТЬ | | | | **Погода:** | | | | **Ветер:** | **Освещение:** | | | **Температура/Влажность:** | **Используемые линзы:** | | | **Задний план:** | **Точка подбора:** | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | СОСТОЯНИЕ СПОРТСМЕНА | | | |  | | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | НАМЕРЕНИЕ И ЦЕЛИ | | | | **Намерение:** | | | | **Методы:** | | | | **Цели:** | | | | ИТОГИ И РЕЗУЛЬТАТЫ | | | |  | | | | ОЦЕНИТЕ ТРЕНИРОВКУ | | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | ЗАВЕРШЕНИЕ | | | |  | | | | | ДНЕВНИК ТРЕНИРОВОК И СОРЕВНОВАНИЙ | | | | --- | --- | --- | | Место: | | Место: | | **Патроны и ружьё:** | **Машинки и мишени:** | | | ПОГОДНЫЕ УСЛОВИЯ И МЕСТНОСТЬ | | | | **Погода:** | | | | **Ветер:** | **Освещение:** | | | **Температура/Влажность:** | **Используемые линзы:** | | | **Задний план:** | **Точка подбора:** | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | СОСТОЯНИЕ СПОРТСМЕНА | | | |  | | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | НАМЕРЕНИЕ И ЦЕЛИ | | | | **Намерение:** | | | | **Методы:** | | | | **Цели:** | | | | ИТОГИ И РЕЗУЛЬТАТЫ | | | |  | | | | ОЦЕНИТЕ ТРЕНИРОВКУ | | | | **Общий рейтинг:** 1  2  3  4  5  6  7  8  9  10 | | | | ЗАВЕРШЕНИЕ | | | |  | | | |