ALL IN
WRESTLER'S JOURNAL

FREE PRINTABLE PDF · 7 DAYS

YOUR 7-DAY STARTER

Seven real pages from the journal. Print them. Fill them in. Start today.



START HERE

A FEW MINUTES A DAY.

Grab your journal and write down what you are grateful for. That is the first task of the day. Then work down the page.

1 GRATITUDE

Write what you are grateful for.

2 TODAY'S ACTION

Write down today's actionable steps to refining your craft.

3 REFLECT

Review your positives and opportunities.

4 BIG VISION REMINDER

Visualize your mission and journey.

5 JOURNAL

A space to write anything you want.

DAILY ACTIONS CAN BE THIS SIMPLE

> 15 minutes after practice working on my single-leg finishes

> 30 pull-ups after practice

> 7 extra minutes of stance and motion after practice

PROGRESS OVER PERFECTION

Miss a day? Don't let it weigh on you. Simply pick up where you left off.

Next: sign your commitment. Then Day 1.

Days 1–7 print front and back.

A COMMITMENT TO YOURSELF

In order to gain what you want out of this journal and exercise, you must commit to yourself and the goals you've set out to conquer. Below is your chance. Please take a minute to commit and sign.

I, _____ am the only wrestler who can complete this dream.

On this day, ____/___/___ I will get out of my comfort zone to pursue goals and dreams reserved for a champion on and off the mat.

I acknowledge my time and focus are worthy of this goal. I will use this journal and take ownership for my improvements and failures. I commit to be ALL IN!

I will embrace progress over perfection, make failure move me forward, and I will fall in love with wrestling!

I will complete this journal in its entirety. I fully understand I will be tired, exhausted, and some days just beat, but I will always get back up and attack the tasks ahead of me!

Wrestling has chosen me, and I have chosen wrestling. It's a lifestyle, it's a choice, and it's time! I'm ALL IN.

SIGN _____

DATE _____

DAY 1 OF 7

1 2 3 4 5 6 7

DATE_____ S M T W T F S

GRATITUDE

Today I'm grateful for...

1._____

2._____

3._____

TODAY'S ACTION

What actions will you take today?

1._____

2._____

3._____

REFLECT

POSITIVES (What things did you feel good about or enjoy learning today?)

OPPORTUNITIES (What challenges are you having that need improvement?)

BIG VISION REMINDER (Whether it's a goal, vision, or mission, write it down.)

JOURNAL

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DATE_____ S M T W T F S

GRATITUDE

Today I'm grateful for...

1._____

2._____

3._____

TODAY'S ACTION

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DAY 3 OF 7

1 2 3 4 5 6 7

DATE_____ S M T W T F S

GRATITUDE

Today I'm grateful for...

1._____

2._____

3._____

TODAY'S ACTION

What actions will you take today?

1._____

2._____

3._____

REFLECT

POSITIVES (What things did you feel good about or enjoy learning today?)

OPPORTUNITIES (What challenges are you having that need improvement?)

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DATE_____ S M T W T F S

GRATITUDE

Today I'm grateful for...

1._____

2._____

3._____

TODAY'S ACTION

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1._____

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DAY 7 OF 7

1 2 3 4 5 6 7

DATE_____ S M T W T F S

GRATITUDE

Today I'm grateful for...

1._____

2._____

3._____

TODAY'S ACTION

What actions will you take today?

1._____

2._____

3._____

REFLECT

POSITIVES (What things did you feel good about or enjoy learning today?)

OPPORTUNITIES (What challenges are you having that need improvement?)

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EVALUATION 1

COACHING TIP

IF WE WANT TO CHASE OUR WRESTLING DREAMS WITH EVERYTHING WE HAVE, WE MUST CRAVE FATIGUE, EMBRACE FOOLISHNESS, AND WELCOME FAILURE AS AN OPPORTUNITY TO GROW TOWARD THE BEST VERSION OF OURSELVES.

Effort
1 2 3 4 5 6 7 8 9 10

Composure (Calmness and presence)
1 2 3 4 5 6 7 8 9 10

Focus (Your intentional actions)
1 2 3 4 5 6 7 8 9 10

Technical Progress
1 2 3 4 5 6 7 8 9 10

Strength and Conditioning
1 2 3 4 5 6 7 8 9 10

Culture Contribution
1 2 3 4 5 6 7 8 9 10

Help (Did you seek support?)
1 2 3 4 5 6 7 8 9 10

Enjoyment
1 2 3 4 5 6 7 8 9 10

Nutrition
1 2 3 4 5 6 7 8 9 10

Relationships
1 2 3 4 5 6 7 8 9 10

Faith
1 2 3 4 5 6 7 8 9 10

Academics
1 2 3 4 5 6 7 8 9 10

Rest and Recovery
1 2 3 4 5 6 7 8 9 10

Positive skills executed 5-10 things you did well.

Opportunities 1-2 things you want to improve.

REFLECT

A space to review and reflect on your performance.

COACH'S CORNER

A space for your coach to evaluate you.

DAY 7 DONE

YOU JUST DID 7 DAYS. THE JOURNAL HOLDS 90.



WHAT'S IN THE REAL ONE

90 days of the daily pages you just used

Performance Evaluation pages, with a Coach's Corner

30 coaching videos, emailed after you order

30-day guarantee on single journals

$39 ALL IN Wrestler's Journal

Year Pack: 4 journals for $111
Team packs: from $24 a journal

SCAN TO ORDER

GET THE JOURNAL allinwrestlersjournal.com/products/all-in-wrestlers-journal

Coaches: get it for your whole roster → allinwrestlersjournal.com/pages/teams

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