

One problem. Three sessions.

Bring one useful detail from your last class into your next one.

Use three normal training visits, at your own pace. Keep one cue from your coach. Frame, your usual notes app, or this card all work.

1 Choose one detail

AFTER CLASS / ABOUT 1 MIN

Choose a situation from today's lesson and one cue to notice or try. Check the cue with your coach; it can be a concept or task goal.

The situation: _____

My coach's cue: _____

My question: _____

2 Revisit, then notice

BEFORE + AFTER CLASS

Before: try to recall the cue, then read it. Aim for 20 seconds.

During: use it only in suitable, coach-approved practice.

After class: ☐ No opportunity ☐ Noticed it ☐ Tried it

What happened? _____

3 Revisit, then refine

BEFORE + AFTER CLASS

Before: read the same cue again.

After: note whether you noticed it, tried it, or had no opportunity.

☐ Keep the cue ☐ Change it with my coach ☐ Park it

My next question: _____

No opportunity is a useful answer. Follow your coach's lesson and your partner's agreement. Don't force a position to complete the card. There is no submissions target.

Your notes stay private. After session three, ask yourself: **Would I choose to do this again?**