

# TRACK YOUR TIMINGS HERE

NAME \_\_\_\_\_

HOUR \_\_\_\_\_

WEEK	DATE	GOAL (GWAM)	ACTUAL TIMING GWAM	SCORE/ GRADE
ONE				
TWO				
THREE				
FOUR				
FIVE				
SIX				
SEVEN				
EIGHT				
NINE				
TEN				
ELEVEN				
TWELVE				
THIRTEEN				
FOURTEEN				
FIFTEEN				
SIXTEEN				
SEVENTEEN				
EIGHTEEN				