



# Tennis Journal

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## **Tennis Journal** A L Peries

You know when you try to make an effort to get into shape regularly then something happens to interrupt your schedule? You had forgotten to make a note of the details from your last match? It can be frustrating and demotivating when you struggle to remember and you have to start again or give up keeping on track? Or, perhaps you watch a lot of tennis on TV and want to document it? This tennis journal will enable you to recall your last tennis match. There is nothing better than that sense of achievement when you look back on what you have achieved if you are training or playing a social match? This uncomplicated journal will help keep any tennis player on track, feel energised, get motivated, and stick to plan. Furthermore, you have a physical record log to look back on unlike mobile phone apps whereby the data can get lost. With this beautifully decorated 8" x 10", 50 page, blank, lined journal, you can record: date, time, location and calories burned if you play. There are 7 extra pages for writing further thought provoking notes and drawing doodles of the event.

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