

# Calgary Disc Golf Mentorship Program Workbook

Complete this workbook to track your disc golf goals and progress.

**Mentee Name:**

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**Mentor Name:**

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**Date:**

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**Week 1 Goal:**

Complete this section at the beginning of the week

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**Progress:**

Complete this section at the end of the week

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**Date:**

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**Week 2 Goal:**

Complete this section at the beginning of the week

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**Progress:**

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**Date:**

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**Week 3 Goal:**

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**Progress:**

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**Date:**

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**Week 4 Goal:**

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**Progress:**

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**Date:**

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**Week 5 Goal:**

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**Progress:**

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**Date:**

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**Week 6 Goal:**

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**Progress:**

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**Overall Self-Assessment**

**The best thing I learnt was:**

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**Things I need to continue working on:**

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