

Training and Playing Diary – Activities

Name	Year	Month	Hours during the month
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Note the sum of hours that you have put into chess during the month.

Day	Date	Normal games	Rapid games	Blitz games	Analysis of games	Opening analysis	Middle game work	End-game work	Play on the Internet	Other activities	Lectures	Total for the day
	1											
	2											
	3											
	4											
	5											
	6											
	7											
	8											
	9											
	10											
	11											
	12											
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	25											
	26											
	27											
	28											
	29											
	30											
	31											

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Training and Playing Diary

Name	Year	Month	Hours during the month
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Note for each day what your most important chess activity was.

For example: “Fred Smith – Joe Bloggs, 0-1, Najdorf Variation” or “Have been analysing Spassky-Fischer, Reykjavik Wch (1) 1972.”

Day	Date	Hours	The day's main chess activity
	1		
	2		
	3		
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	30		
	31		

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