Midshipman: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Each week meet with your fire team member in a 20 minute 1-on-1. Use this sheet to jot down your notes.

First 10 minutes (follower’s time):

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Second 10 minutes (your time):

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Prompts: How are you doing? What’s the status of our goals? What help do you need? When will you do XX? Should we set new goals? Can I give you some feedback?