FULL PRINTABLE KPI LOG – WEEK

Week: [   ]   Start Date: [   ]   End Date: [   ]

Track your weekly performance on the core KPIs that drive your progress from 2.5 to 3.5. Fill this log at the end of each session.

SECTION 1 — PERFORMANCE METRICS

KPI	Target (%) / Value	Attempts	Actual Result	Notes
Serve Accuracy				
Return Depth Quality				
Third-Shot Drop NVZ Rate				
Reset Success Rate				
Dink Placement Accuracy				
Unforced Errors per Game				

WEEKLY SUMMARY – KEY TAKEAWAYS

What improved the most this week?

What slowed you down or created avoidable errors?

What KPI do you want to raise next week?

Practice Session KPI Log

Track your key metrics for each training session to monitor your 2.5 → 3.5 progress.

Date	Session Type	Duration (min)	Drill Focus	Serve In %	Return In %	Third Shot Success %	Unforced Errors	Notes

Tip: Use one line per session and review your KPIs weekly to spot trends.

Match KPI Log

Record match outcomes and performance metrics to connect practice with real-game results.

Date	Partner / Opponent	Match Type	Score (You)	Score (Opp)	Serve Hold %	Return Games Won %	NVZ Errors	Overall Performance (1–10)

Tip: Revisit your match KPIs to decide which drills to prioritize in your next sessions.