APEX ARMAMENT

LOG SHEET

Training Log

Firearm / holster: _____

Date	Drill	Distance	Cold time	Warm time	Misses	Level / Notes

Cold = your first run of the day, before any warm-up. Write your cold time at the start of the session and your warm time at the end.

100 mm check bar — print at 100 % / actual size on A4

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apexarmament.net/resources

Scan for more free targets

Live fire only at an accredited range under its rules. Dry fire: unloaded firearm, no ammunition in the room.