

BJJ Competition Tracker

Your Personal Tournament Record & Performance Log

COMPETITOR INFORMATION

Name: _____ Belt Level: _____

Academy/Team: _____ Age: _____

Weight Class: _____ lbs | Height: _____ | Reach: _____

IBJJF ID (if applicable): _____

TOURNAMENT LOG

Tournament 1

Field	Details
Tournament Name	
Date	
Location	
Division	
Bracket Size	
Seed/Ranking	

Match Records

Match #	Opponent Name	Weight	Result	Points	Submission	Notes
1			W / L / D			
2			W / L / D			
3			W / L / D			
4			W / L / D			

Tournament Result: ☐ Gold ☐ Silver ☐ Bronze ☐ Eliminated

Best Performance: _____

Key Lessons Learned: _____

Tournament 2

Field	Details
Tournament Name	
Date	
Location	
Division	
Bracket Size	
Seed/Ranking	

Match Records

Match #	Opponent Name	Weight	Result	Points	Submission	Notes
1			W / L / D			
2			W / L / D			
3			W / L / D			
4			W / L / D			

Tournament Result: ☐ Gold ☐ Silver ☐ Bronze ☐ Eliminated

Best Performance: _____

Key Lessons Learned: _____

Tournament 3

Field	Details
Tournament Name	
Date	
Location	
Division	
Bracket Size	
Seed/Ranking	

Match Records

Match #	Opponent Name	Weight	Result	Points	Submission	Notes
1			W / L / D			
2			W / L / D			
3			W / L / D			

Match #	Opponent Name	Weight	Result	Points	Submission	Notes
4			W / L / D			

Tournament Result: ☐ Gold ☐ Silver ☐ Bronze ☐ Eliminated

Best Performance: _____

Key Lessons Learned: _____

Tournament 4

Field	Details
Tournament Name	
Date	
Location	
Division	
Bracket Size	
Seed/Ranking	

Match Records

Match #	Opponent Name	Weight	Result	Points	Submission	Notes
1			W / L / D			
2			W / L / D			
3			W / L / D			
4			W / L / D			

Tournament Result: ☐ Gold ☐ Silver ☐ Bronze ☐ Eliminated

Best Performance: _____

Key Lessons Learned: _____

YEAR-TO-DATE COMPETITION SUMMARY

Total Tournaments: ____ | Win Rate: ____% | Medals Won: ____

Category	2025 Stats
Total Matches	
Wins	
Losses	
Draws	
Win/Loss Ratio	

Category	2025 Stats
Submissions (Won)	
Submissions (Suffered)	
Points per Match (Avg)	
Medals (Gold/Silver/Bronze)	

TECHNIQUE PERFORMANCE TRACKING

Most Effective Techniques

Rank	Technique	Success Rate	Division	Notes
1				
2				
3				
4				
5				

Weakest Areas (Need Improvement)

Position/Technique	Losses	Win Rate	Focus Area

OPPONENT ANALYSIS

Opponents Faced This Year

Opponent	Tournament	Result	Notes / Tendencies
		W / L / D	
		W / L / D	
		W / L / D	
		W / L / D	
		W / L / D	

COMPETITION GOALS & PROGRESS

2025 Competition Goals

Goal 1: _____

Target: ☐ Q1 ☐ Q2 ☐ Q3 ☐ Q4

Progress: ☐ Not Started ☐ In Progress ☐ Achieved ☐ Exceeded

Goal 2: _____

Target: ☐ Q1 ☐ Q2 ☐ Q3 ☐ Q4

Progress: ☐ Not Started ☐ In Progress ☐ Achieved ☐ Exceeded

Goal 3: _____

Target: ☐ Q1 ☐ Q2 ☐ Q3 ☐ Q4

Progress: ☐ Not Started ☐ In Progress ☐ Achieved ☐ Exceeded

TRAINING FOCUS AREAS

This Quarter's Focus

Primary Position: _____

Secondary Position: _____

Submission Focus: _____

Defense Focus: _____

Conditioning Goals: _____

MONTHLY REFLECTION TEMPLATE

Month: _____ Year: _____

Tournaments Attended: _____

Total Matches: _____ | W-L-D: _____ - _____ - _____

Best Match: _____

Toughest Match: _____

Key Improvement This Month: _____

Areas Still Needing Work: _____

Game Plan Adjustments for Next Month:

WEIGHT & PHYSICAL TRACKING

Month	Starting Weight	Competition Weight	Gut Feel (Energy Level)
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

MENTAL NOTES & INSIGHTS

What's Working Well:

What Needs Change:

Breakthrough Moments This Year:

Next Steps for 2026:

NOTES

Last Updated: _____

Reviewed By Coach: _____ Date: _____

For comprehensive competition preparation strategies and advanced tournament training guides, visit the [BJJ Competition Prep Guide](#) at Jiu-Jitsu News.

Learn tournament strategies, mental preparation techniques, 12-week training timelines, and championship-level competition tactics that will take your performance to the next level.