30-DAY AWARENESS TRAINING LOG

A Companion Tool for Situational Awareness: A Field Guide for Security Professionals

Security Coach Pro Series | Daniel Gonzales

HOW TO USE THIS LOG

This log is designed to be printed and used repeatedly. It is not a one-time exercise — it's a maintenance tool for a career-long skill.

FIRST USE: Complete the full 30-day program as outlined in Chapter Twelve of Situational Awareness. Practice one exercise per day, log your performance honestly, and record what you observed.

ONGOING USE: Reprint this log and repeat the full 30-day cycle every six months. Awareness is a trained skill, not a permanent state — regular repetition is what keeps your baseline operating level sharp.

Track your performance scores across each 30-day cycle over time. Improvement — or a decline that signals it's time to recommit — will show up in the pattern.

1

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

2

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

3

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

4

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

5

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

6

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

7

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

WEEK 1 PERFORMANCE TREND — shade one box per day (1-5 scale, bottom to top)

D1 D2 D3 D4 D5 D6 D7

8

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

9

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

10

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

11

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

12

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

13

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

14

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

WEEK 2 PERFORMANCE TREND — shade one box per day (1-5 scale, bottom to top)

D8 D9 D10 D11 D12 D13 D14

15

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

16

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

17

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

18

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

19

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

20

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

21

DATE: _____ EXERCISE: _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____

_____

WEEK 3 PERFORMANCE TREND — shade one box per day (1-5 scale, bottom to top)

D15 D16 D17 D18 D19 D20 D21

22 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

23 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

24 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

25 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

26 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

27 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

28 DATE: _____ EXERCISE: _____
PERFORMANCE (1-5): ○ ○ ○ ○ ○ OBSERVATION: _____
_____

WEEK 4 PERFORMANCE TREND — shade one box per day (1-5 scale, bottom to top)

29

DATE: _____ **EXERCISE:** _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ **OBSERVATION:** _____

_____

30

DATE: _____ **EXERCISE:** _____

PERFORMANCE (1-5): ○ ○ ○ ○ ○ **OBSERVATION:** _____

_____

30-DAY CYCLE COMPLETE

Review your log. Identify the three areas of greatest improvement and the one area that still needs deliberate work.

Three areas of greatest improvement:

Area requiring continued deliberate practice:

NEXT CYCLE

Set a reminder to reprint this log and repeat the full 30-day cycle in six months.

Target date for next cycle: _____