

Weekly Training Tips

November 2, 2008

If you are not keeping a training journal, let me strongly suggest that you begin one now. Today! It's **that** important.

One of my favorite sayings in business is that you must measure everything of significance, because anything that is measured and watched, improves.

Track your progress and keep a journal -- it does not need to be difficult or time consuming, but it must be done consistently. *Start a journal and I guarantee you that you will see fantastic results.*

Keep Moving,

Dr. Cobb

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