

ATLAS CUE ACADEMY

Practice Notebook

SEE IT · SIMULATE IT · DO IT · WRITE IT DOWN

This notebook belongs to

KNOWLEDGE CARRIED FORWARD™

THE METHOD

The Loop

Every shot in the library works exactly the same way. Four steps, taken in order, turn a film you watched into a shot you own.

1

Watch

Watch the shot film once. See the whole shot — the line, the rails, the finish — before you ever touch a ball.

2

Simulate

Then practice it in the simulator. Same shot, same numbers, no table required — run it until the line makes sense in your head.

3

Take It to the Cloth

Set it up on a real table and hit it ten times: five reps from one side, five from the other. Not twenty — ten, done properly, with your whole attention on the stroke instead of the result.

4

Write It Down

Keep one small record: the shot, how many out of ten, and what you felt on the misses. That written note is the step almost everyone skips — and it is the one that compounds.

“Your misses are the lesson plan.”

THE PLAYER WHO WRITES THEM DOWN IMPROVES TWICE AS FAST

HOW TO USE THIS NOTEBOOK

- One page for every shot session — one shot, one page.
- Date every entry, and note the table you played on.
- Revisit the shots that keep appearing in your misses. They are the ones asking for another round.

© Bob Saint John 2026. All rights reserved.
Atlas Cue Academy™ and Knowledge Carried Forward™ are marks of Saint John Studio.
This notebook is free for your own practice — print as many log pages as you need. Please don’t copy, resell, or republish the book itself; send your friends to atlascueacademy.com for their own copy.

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

SHOT LOG

ATLAS CUE ACADEMY

SHOT NAME

SHOT OF THE DAY # / LIBRARY #

DATE

PLACE / TABLE

THE LOOP ☐ Film watched ☐ Simulator ☐ On the cloth

Mark each rep — a check for made, an X for missed. On a miss, note where it went: short, long, left, right.

FIVE FROM THIS SIDE

1	2	3	4	5

FIVE FROM THE OTHER SIDE

1	2	3	4	5

Made: _____ / 10

WHAT I FELT ON THE MISSES

ONE SENTENCE TO REMEMBER

© BOB SAINT JOHN 2026 · ATLASCUEACADEMY.COM

REVIEW

My Progress

Every few weeks, look back over these pages. Carry each shot's best score here — and mark the ones still asking for work.

SHOT	BEST / 10	STILL WORKING ON IT
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

The shots that keep appearing in your misses are your next lesson plan.

© Bob Saint John 2026 · Atlas Cue Academy™