

1. Your Carry Ammo

Keep this small and verified. Most experienced carriers land on 100 to 200 rounds on hand.

Caliber	Carry load (brand and grain)	Price / round	Rounds on hand (target)	Total carry budget
		\$		\$

2. Your Practice Ammo

Cheap FMJ matched to your carry round's weight covers most of your live-fire reps.

Practice load (FMJ)	Price / round	Rounds / session	Sessions / month	Monthly practice budget
	\$			\$

3. Carry-Ammo Function-Check Log

Run a full magazine of your actual carry load every few months. Log it here.

Date	Full mag fired	Zero malfunctions	Notes
	☐	☐	
	☐	☐	
	☐	☐	
	☐	☐	

4. Benchmark Tracker

Measure your skill against a defined standard before deciding you need more ammo.

Date	Drill or benchmark used	Score / time	Retest scheduled
			☐
			☐
			☐

5. Price-Check Log

Compare a couple of retailers before you buy. Defensive ammo pricing moves more than practice ammo.

Date	Retailer	Price / box	In stock
		\$	☐
		\$	☐
		\$	☐