# Plus / Minus Tracker

| DATE: | | OPPONENT: | | | | | | | | | | | | | | | | | | | |
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| Name | # | GOALS | | | | | | | | | | | | | | | | | | | |
| **OFFENSE** | | | | | | | | | | | | | | | | | | | | | |
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| **DEFENSE** | | | | | | | | | | | | | | | | | | | | | |
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| **ABSENT** | | | | | | | | | | | | | | | | | | | | | |
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| Legend | |
|---|---|
| + | Full Strength Goal For |
| - | Full Strength Goal Against |
| P | Power Play |
| K | Penalty Kill |
| S | Short Handed Goal For |