



The harder I train the luckier I become”



- 1 - Unsatisfactory (not happy with performance)
- 2 - Average (how I normally perform)
- 3 - Achieved (above normal performance)
- 4 - Outstanding (well above my normal performance)
- 5 - Perfection (impossible to improve upon)

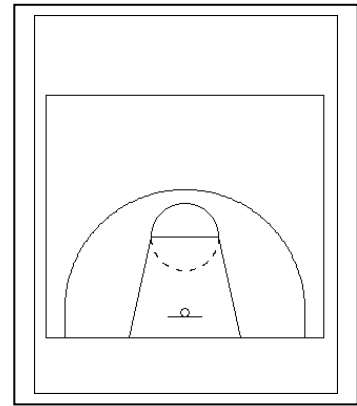
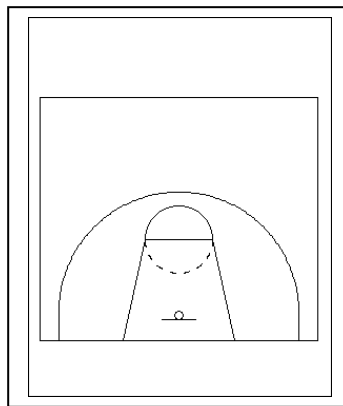
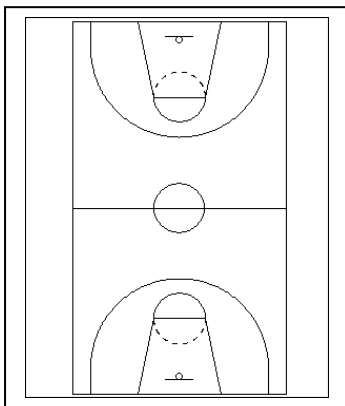
Enjoyment Level	1 2 3 4	Reason: _____
Preparation	1 2 3 4	Reason: _____
Motivation Level	1 2 3 4	Reason: _____
Effort Level	1 2 3 4	Reason: _____
Supportive of team mates	1 2 3 4	Reason: _____
Communication	1 2 3 4	Reason: _____
Executed Goals	1 2 3 4	Reason: _____

Key Learnings (What did you learn?)

1 _____

2 _____

3 _____



Goals for next session

1 _____

2 _____

3 _____