



Print out or have on screen for each day's training then save after the full week. This will give a day to day and week by week look at your overall performance and well-being. Over several weeks you will be able to see at which points you may lose sleep, become more or less stressed, or perform better. For eg. Your total performance rating may sit low or high toward testing weeks. You can also take your notes from the previous week to use within your sessions.

Weekly Performance Self-Evaluation

1= Terrible / 2= Not favourable / 3= Neither good nor bad / 4= Good (minor faults) / 5= Flawless

1. Rate your sleep for the night passed (between 1 and 5)

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Total:

2. Rate your attitude/mindset for the day (between 1 and 5)

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Total:

3. Rate your stress levels for the day/in general (between 1 and 5)

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Total:

4. Rate your performance (average between elements, between 1 and 5)

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Total:

What attitude/mindset changes can you make this/next week to improve your sessions?
Planning, self-talk, decision etc.

What physical changes can you make this/next week to improve your sessions?
Warm up tweaks, evening recovery, refining schedule etc.

What cues/ feedback can you use to improve your performance this/next week?
Weightlifting cues, pacing, breathing, effort etc.

What excites you for this/next week, and what will/has challenged you? How will you handle or overcome this next time?