

Name \_\_\_\_\_

Date \_\_\_\_\_

My best race last season was:  
\_\_\_\_\_

My worst race last season was:  
\_\_\_\_\_

**PRE-RACE STATE**

Please circle the answer that best describes your feelings.

Mental Energy Level  
Low Medium High

Physical Energy Level  
Low Medium High

Nervousness  
Low Medium High

Pre-Race Focus  
Focused Distracted

Pre-Race Warmup  
Minimal Medium Maximal  
On the road On a stationary Trainer

Mental Energy Level  
Low Medium High

Physical Energy Level  
Low Medium High

Nervousness  
Low Medium High

Pre-Race Focus  
Focused Distracted

Pre-Race Warmup  
Minimal Medium Maximal  
On the road On a stationary Trainer

I was thinking about:  
\_\_\_\_\_  
\_\_\_\_\_

I was thinking about:  
\_\_\_\_\_  
\_\_\_\_\_

My pre-race goals were:  
\_\_\_\_\_  
\_\_\_\_\_

My pre-race goals were:  
\_\_\_\_\_  
\_\_\_\_\_

**RACE SITUATION**

Please circle the answer that best describes your feelings.

Level of Focus  
Focused Unfocused

Mental Energy Level  
Low Medium High

Physical Energy Level  
Low Medium High

Nervousness  
Low Medium High

Aggressiveness  
Low Medium High

Confidence  
Low Medium High

Risk Taking  
Low Medium High

Level of Focus  
Focused Unfocused

Mental Energy Level  
Low Medium High

Physical Energy Level  
Low Medium High

Nervousness  
Low Medium High

Aggressiveness  
Low Medium High

Confidence  
Low Medium High

Risk Taking  
Low Medium High

**POST-RACE STATE**

Please circle the answer that best describes your feelings.

Satisfaction  
Low Medium High

Post-Race Cooldown  
Minimal Medium Maximal

Review of Goals

Satisfaction  
Low Medium High

Post-Race Cooldown  
Minimal Medium Maximal

Review of Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_