

Name _____ Date _____
Name of Race _____
Location Of Race _____
Teammates _____

1. **Engine Check:** How am I feeling physically today?

2. **Driver Check:** How am I feeling mentally today?

3. **Race Check:** What is the race like today?

4. **Plan Check:** What is the strategy for today?

5. **Fuel Check:** Have I eaten and drank properly for today?

6. **Attitude Check:** Is my outlook that of a competitor?

7. **Course Check:** Have I properly inspected the entire course?

8. **Equipment Check:** Have I properly prepared my bike?

9. **Weather Check:** Am I prepared for the weather?

10. **Competition Check:** Do I know the people I am to race?

11. **Race Job Check:** Do I know my responsibilities race?

