

ASSESSMENT

Prep Success Chart: Evaluate how well you prepped for 4 or more events over the last week. Rate how well you did on each event using the appropriate numbers from the scale on the left below. Then enter your number in the correct day and time slot on the calendar.

🕒 Prep Success Chart							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

5 EXCELLENT

I tried wholeheartedly. I planned my Prep times. I got in sync.

4 GOOD

It helped me get more in sync. I need more practice time.

3 AVERAGE

I tried, but I was distracted.

2 PASSABLE

It is hard to do. The events were too challenging.

1 POOR

I forgot. I don't care. I don't understand.

MORNING

AFTERNOON

EVENING