PERFORMANCE ANALYSIS

NAME: **Competition:**

To complete your performance analysis, reflect on the last competition, or major event you took part in.

Step 1: Create a list of the elements of your day that helped you performance (e.g. great warm-up, perfect pump-up playlist)

Step 2: Create a list of the elements of your day that didn't help your performance (e.g. fixating on things that weren't in your control, not fuelling properly)

Step 3: Brainstorm how you will adjust your preparation and what you do at your next competition or event to maintain the good aspects, and improve on the aspects that didn't help you performance.

What went well:

What could be adjusted:

Plan to maintain the aspects that went really well and adjust what didn't go as well: