











UNCONDITIONAL COMPETITOR SCORE CARD

| DATE |      | | | | | |
|--|--|---------|---------|---------|---------|---------------|
| NAME | 1 | 2 | 3 | 4 | 5 | |
| PREVIOUS NIGHT'S SLEEP [HOURS] | | | | | | |
| SORENESS UPPER BODY 5 VERY HIGH; 1 VERY LOW | | | | | | |
| SORENESS LOWER BODY 5 VERY HIGH; 1 VERY LOW | | | | | | |
| MOOD / WELL-BEING | | | | | | |
| MONITORING INFORMATION | DRILL 1 | DRILL 2 | DRILL 3 | DRILL 4 | DRILL 5 | AVERAGE SCORE |
| I AM MOTIVATED | / | / | / | / | / | / |
| I WAS FOCUSED | / | / | / | / | / | / |
| I WAS COMPETITIVE | / | / | / | / | / | / |
| I WAS ATHLETIC | / | / | / | / | / | / |
| TOTAL COMPETITOR SCORE | / | / | / | / | / | / |

| | |
|---|------------------|
| 5 | ALL THE TIME |
| 4 | MOST OF THE TIME |
| 3 | 50/50 |
| 2 | OCCASIONALLY |
| 1 | NOT AT ALL |



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