

**How did you do today?***Please Circle the number that best represents your answer (1 is "not as well as I'd like" and 5 is "I did great")*

I went to bed on time and got a good night's sleep	1	2	3	4	5
I drank 6-8 cups of water, and brought my water bottle to practice	1	2	3	4	5
I packed a snack to eat after practice, and ate well today	1	2	3	4	5
I gave my best effort to improve in every part of practice today	1	2	3	4	5
I encouraged or helped a teammate do their best today	1	2	3	4	5
I had a good attitude, even when it was hard	1	2	3	4	5
I listened carefully, and tried to follow the coach's instructions	1	2	3	4	5

I did this well today: \_\_\_\_\_

I want to do this better at my next practice: \_\_\_\_\_

**How did you do today?***Please Circle the number that best represents your answer (1 is "not as well as I'd like" and 5 is "I did great")*

I went to bed on time and got a good night's sleep	1	2	3	4	5
I drank 6-8 cups of water, and brought my water bottle to practice	1	2	3	4	5
I packed a snack to eat after practice, and ate well today	1	2	3	4	5
I gave my best effort to improve in every part of practice today	1	2	3	4	5
I encouraged or helped a teammate do their best today	1	2	3	4	5
I had a good attitude, even when it was hard	1	2	3	4	5
I listened carefully, and tried to follow the coach's instructions	1	2	3	4	5

I did this well today: \_\_\_\_\_

I want to do this better at my next practice: \_\_\_\_\_