



Check Performance State

Positive Condition	level of performance	Negative Condition
Played extremely well	1 2 3 4 5	Played extremely poorly
Felt extremely relaxed	1 2 3 4 5	Felt extremely anxious
Felt extremely confident	1 2 3 4 5	Felt extremely unconfident
Felt in complete control	1 2 3 4 5	Had no control at all
Muscle were relaxed	1 2 3 4 5	Muscle were tense
Felt extremely energetic	1 2 3 4 5	Felt extremely fatigue
Felt extremely focused	1 2 3 4 5	Felt extremely unfocused
Felt great effort	1 2 3 4 5	Felt effortless
Had high energy	1 2 3 4 5	Lack of energy

Take Notice:

- Choose from 1-5 and circle the one that applies
- 1 being a high level performance state
- 5 being a low performance state
- This check sheet intend to give you a brief understanding of your level of performance.
- This check sheet will facilitate you to clearly pin-point on the things you are struggling with.

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