

Post Competition Questionnaire

1. Are you happy with your figure performance at _____? Why or why not?
2. Did you feel physically prepared for figures? Why or why not?
3. Did you feel mentally prepared for figures? Why or why not?
4. How did you feel (ie cold, tired, strong) when you were performing your figures?
5. What were/was your goal(s) for figures (performance goal, not placement), and did you achieve them/it?

Write down what you did to prepare for this meet that you LIKED and would do again:

Write down what you did that you did NOT like, and would like to change:

Write down some things that you wish you had done, and you would like to add for next meet: