

Pre-Meet Personal Goal Sheet (Nationals)

Name _____

Weight class _____

Please set realistic goals for each of the CORE lifts you will complete at the upcoming meet. Also answer the questions below to keep yourself focused on these goals.

Squat - Opening weight _____ # 2 attempt _____ # 3 attempt _____

Bench Press - Opening weight _____ # 2 attempt _____ # 3 attempt _____

Deadlift - Opening weight _____ # 2 attempt _____ # 3 attempt _____

What will you do today to make these things possible _____

NOTE: Be sure all your weights are listed in Kg – look at the LB o Kg conversion chart and begin to memorize it for your weights.

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Post-Meet Reflection Sheet

Name _____

Weight class _____

Please rate your performance on a scale of **1-5 (1 being GREAT and 5 being NOT SO GOOD)** in the following areas and give feedback – remember this is for you to get better at what you do!

How would you rate your overall day today lifting? 1 2 3 4 5

Feedback _____

How would you rate your ability to meet powerlifting standards (white light / red lights) following rules and guidelines? 1 2 3 4 5

What can you do differently to improve your performance from today's meet? _____

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Do you have aspirations to qualify for state YES NO
Total weight you need to get to state _____

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