

## Race Day Reflection Worksheet

### 1. Race Day Outcome

Did you achieve your goal?

■ Yes ■ No

### 2. If YES — Celebrate ■

Congratulations! What went well?

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What helped you succeed?

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### 3. If NO — Reset & Refocus

What got in the way?

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What did you learn from this experience?

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### 4. Next Steps

What needs to happen to accomplish this goal?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

New Target Date (if needed)

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### 5. Moving Forward

What will you do differently in your next training cycle?

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