

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

**Pre-Competition Planning Sheet**

**Meet Name:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Event:** \_\_\_\_\_

**Time of Day:** \_\_\_\_\_

**Day Before:**

What are your plans...foods to be eaten, warm up or physical items to be undertaken (stretching, massage, heat/cold), times for sleep, etc

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**Competition Day**

Start at the beginning of your day: time waking up, foods eaten, time for transportation, what you will do at the track upon arrival, where and when your warm up will take place, time when entering athlete check in,

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**Post Race:**

Food to be eaten, cool down routine, other plans

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BE AS SPECIFIC AND DETAILED AS POSSIBLE!