



Tournament Preparation Form

Enter Tournament Information

Date(s)	
Location	
Course	

Tournament Significance

What is the significance of this tournament?

Define the WHAT and WHY

What are my objectives for the tournament?	Why is this important to me?

Create a plan - The HOW

How am I going to achieve my objectives?
Focus on the things you can control in different areas such as your Mindset, Course Strategy, Swing Keys and/or Hydration + Nutrition Plan

Tournament Reflection Form

Enter Tournament Information

Conditions	
Notable Competitors	
Other Comments	

Evaluate your Overall Performance

Overall, how well do I feel I played?				What is the primary reason I feel that way?
Awful	Poor	Good	Great	
1	2	3	4	

Overall, how clear was I with my objectives?	Awful	Poor	Good	Great
	1	2	3	4

Overall, how well did I perform in comparison to my objectives?				Why do I think this? (Why is this my rating?)
Awful	Poor	Good	Great	
1	2	3	4	

Evaluate your plan

How effective was my plan?
Review the plan defined before the tournament and identify what worked well and what could be improved on for next time