

Event Date: _____



Pre/Post Event Goal Setting & Tracking

Use this sheet for pre-event planning, and post-event evaluation. Setting goals related specifically to an event (fun match, League, competition, etc.) will help you stay focused and in the right mindset. Taking the time to reflect on how you and your dog did with respect to your pre-event planning after the event is over will help you keep track of your successes and give you direction when planning for the future!

Event Date/s:
Event Name and Type:
Event Location:
Dog/s Entered:

PRE EVENT PLANNING

What are your performance goals for this event, for you and for your dog??

What are your mindset & focus goals for this event?

Event Date: _____

POST EVENT EVALUATION & REFLECTION

Did you meet your performance goals for this event?

Evaluate whether or not you met your performance goals for this event. What skills were stronger than you anticipated? What skills were weaker than you anticipated? What factors were at play that helped or hindered your performance at this event ***that you have control over and can improve upon?***

Did your dog meet your performance goals for this event?

Evaluate whether or not your dog met your performance goals for this event. What skills were stronger than you anticipated? What skills were weaker than you anticipated? What factors were at play that helped or hindered your dog's performance at this event ***that you have control over and can improve upon?***

Did you meet your mindset & focus goals for this event?

Evaluate whether or not you met your mindset and focus goals for this event. Were you more or less focused and mindful than you anticipated? What factors were at play that helped or hindered your state of mind at this event ***that you have control over and can improve upon?***
