

Name:

Game:

Date/Time:

Home/Away

Before Game

Bedtime:

Hours of sleep:

Wake-up time:

Daily activity: Morning

Breakfast food:

Time:

School or work:

Pre-game Skate:

Focus:

Treatment/rehab, yes or no:

If yes, what:

Daily activity: Afternoon

Lunch food:

Time:

School or work:

Rest time:

From: to:

Relaxation/breathing:

Hydration:

Self-talk:

Dinner/snack food:

Time:

Before leaving for the game

Check equipment, telephone for messages:

Departure time:

Ride:

Arrive at rink:

Pre-game activity

Check equipment (is it there? Straps? Buckles? Tape?):

Physical treatment:

Mental Preparation

Relaxation breathing:

Imagery/mental rehearsal (ABCs):

Self-talk (power thoughts and words for the game):

On-ice warm-up focus:

In the room focus:

During Game

Things to do/remember:

Work hard:

Stay positive/productive:

Hydrate:

Between shifts, remember to:

Between periods, relax/recharge:

Think positive:

Hydrate:

After game

Evaluate performance: 3 (excellent) 2 (average) 1 (poor)

Energy level:

How legs felt:

Mental sharpness:

Pat yourself on the back. What I did well and will continue to do well:

Things to work on and improve in practice/warm-ups are: