



RETURN TO CIRCUS POST-TRAINING WORKSHEET

How Hard Did I Work?

0 1 2 3 4 5 6 7 8 9 10

What I worked on: _____

How Tired Am I?

0 1 2 3 4 5 6 7 8 9 10

Does Anything Hurt?

0 1 2 3 4 5 6 7 8 9 10

Where: _____

Training Notes:



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POST-TRAINING WORKSHEET

How to use this worksheet:

Fill out a new copy each time you train.

How hard were you working. This is not an assessment of how hard the skills are that you were training but how physically difficult they were for you on that specific day. Write down what you were working on so you can track your progress.

How tired are you after training? This isn't about how you felt doing the movements but how you feel just afterwards.

Make a note of any pain. If you are having pain, consult a healthcare professional. Pain with training is not normal.

Training notes are where you can fill in anything else that might be important like the time of day you were training or who you were training with anything that might affect how you feel about your practice.