

# Spreadsheet

This page isn't meant to judge your performance as an athlete. It's designed to capture valuable data before emotions and the passage of time distort your memories. Please fill it out within 24 hours of the race start.

## BASIC INFORMATION

- **Date and Name of the Tournament:**

---

---

- **Category (Weight Class / Weight / Age):**

---

---

- **Match Record (Wins/Losses):**

---

---

## MENTAL AUDIT (Check the appropriate box)

- **Condition before stepping onto the mat:**

Calmness/Composure

Severe stress

Paralysis

Over-excitement

- **At what point did you feel the most discomfort?**

---

---

## TECHNICAL AND TACTICAL AUDIT

- **What went according to the game plan? (e.g., "I executed the sweep I'd been practicing")**

---

---

- **Where did the "gap in the defense" appear? (e.g., "I didn't know how to get out of the side")**

---

---

● **Referee audit:**

Did I understand every command and know why I was gaining or losing points?

YES  NO

(if not, add the date to be checked):

---

---

**ENERGY AND THE BODY**

● **Strength/grip level in the first fight (1 = very poor, 10 = very good):** \_\_\_\_\_

● **Stamina level in the last fight (1 = very low, 10 = very high):** \_\_\_\_\_

● **Have your forearms "bulked up" (Death Grip)??**

YES  NO

● **The impact of external factors:**

Sleep: \_\_\_ hr,

The last meal before the fight: \_\_\_h)

**CONCLUSIONS - YOUR LESSON FOR TUESDAY**

*Identify just one key thing you need to work on during your next training session:*

**My lesson:**

---

---

**One thing I'm proud of:**

*Regardless of the outcome, describe one action, decision, or moment when you behaved like a mature player:*

---

---

**A tip from the author:** Come back to these notes in a month. You'll see that the failure that seemed like "the end of the world" was just a stop along the way to improving your technique. **This is your roadmap for growth.**