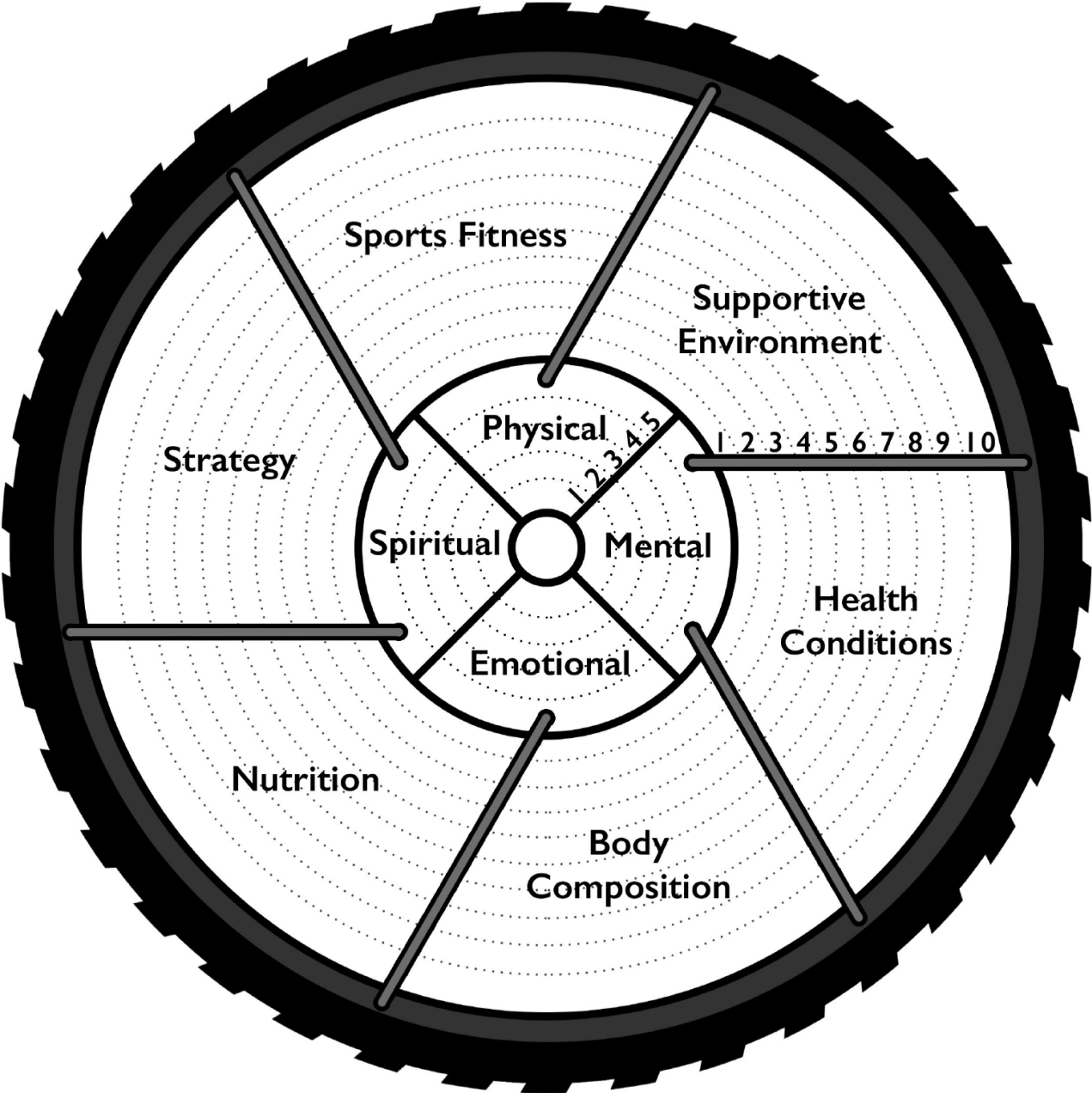


Wheel of Sports Performance

Fill in the Wheel of Sports Performance (pages 281-295) with your number ratings, and color in the corresponding area. Ratings, 1 (lowest) in the center of the wheel to 5 or 10 (highest) on the outer edge of the hub or wheel, are based on your level of satisfaction and competence in each training aptitude. The resulting image will give you a picture of your training balance. To assess each area in the Wheel of Sports Performance, consider the following questions.



The Hub—Total Alignment

Physical Alignment: *Is your skeletal position balanced? Are your muscles and joints functioning efficiently without dysfunctions and compensations?*

Mental Alignment: *Do you have an optimistic mindset, free from excess stress? Are you at peace, calm, focused, and expressing creativity?*

Emotional Alignment: *Are you experiencing joy, love, and connection with others? Are you accepting today? Do you feel hopeful for the future?*

Spiritual Alignment: *Are you living your values, expressing yourself authentically, and finding deeper meaning or a sense of purpose in life?*

Outer Wheel

Sports Fitness: *Do you have the cardiovascular fitness, sports skills, and physical strength needed to excel in your sport?*

Supportive Environment: *Does your physical and social environment provide safety, encouragement and opportunity for your sports participation?*

Health Conditions: *Are you managing your health conditions and not allowing them to control or limit your training and competition?*

Body Composition: *Do you have a good strength-to-weight ratio and/ or percentage of body fat in the desirable range?*

Nutrition: *Are you using food as fuel for your sport, proportioning your nutrient calories appropriately for your workouts and making healthy eating choices?*

Strategy: *Do you have a strategy for all the factors that can influence your performance and results?*