

Athlete Monthly Review

Name: _____ Current date: _____ Review date: _____

My Goals – To what extent am I on track to achieve my 2024 goals? *Rate on a scale of 0 (not at all) – 10 (completely)*

My Enablers – What is going well and helping me the most right now?

My Barriers – What is not going well and most unhelpful right now?

Monitoring MY IPP Action Plan

Please rate each on a scale of 0 (not at all) – 10 (completely)

1. To what extent are my support approachable, available, and aligned to my needs
2. To what extent are my coaches communicating with me effectively formally and informally
3. To what extent is my action plan individualised and meeting my holistic needs
4. To what extent am I healthy and happy and able to fully execute my action plan
5. To what extent am I able to take responsibility and influence my action plan

Looking ahead at my action plan, what do I need to:

Start doing:

Stop doing:

Continue doing: