

Template: to be filled in after each practice session

Time:

Place:

Duration of the session:

Practice goals:

Engagement

- *How engaged to I feel now?*

|-----|
Not at all *Extremely*

- *How engaged was I during this session?*

|-----|
Not at all *Extremely*

Motivation:

- *How motivated did I feel before practicing?*

|-----|
Not at all *Extremely*

- *To what extent am I looking forward to the next practice session?*

|-----|
Not at all *Extremely*

Enjoyment:

- *To what extent did I enjoy the practice session?*

|-----|
Not at all *Extremely*

Anxiety / confidence:

- *How confident did I feel during the practice session?*

|-----|
Not at all *Extremely*

Tiredness:

- *How tired did I feel before practicing?*

Not at all *Extremely*

- *How tired do I feel now?*

Not at all *Extremely*

Was there anything extraneous that could have influenced this practice session?