

The Athlete Performance Profile is designed to illustrate the areas of your sport participation that you feel are strong and the areas that need work. Rate yourself in each category where 0 in the center of the chart is none and the 10 on the outer edge is the maximum amount imaginable. Be as honest with yourself as possible. When each category has a number, draw a line connecting your answers. True Form Coaching wil help you enhance your sport performance!

Athlete Performance Profile

