

## Worksheet - Competition Day Planner Page 1

*A simple planner to help families keep competition days calm, predictable, and well-supported.*

**Competition Date:**

**Event Name:**

**Start Time:**

### Before Leaving Home

Wake-up time:

Breakfast plan:

### Pack list checked?

- Shoes
- Costume
- Make-up / hair items
- Snacks and water
- Spare tights / socks
- Music / notes (if relevant)
- Other

### On the Way

How are you feeling?

- Excited
- Calm
- A little nervous
- Unsure

**One gentle reminder for today:**

### At the Venue

Warm-up completed?

- Yes  Not yet

### Stretching or mobility?

- Yes  Not needed

**Energy check-in (1-5):**

- 1  2  3  4  5

## Worksheet - Competition Day Planner Page 2

### Between Rounds or Performances

What helps you stay calm?

- Quiet
- Music
- Stretching
- Talking with someone
- Breathing
- Other:

Snacks / hydration noted?

- Yes  No

### After Dancing

How did you feel?

- Proud
- Relieved
- Happy
- A little upset
- Motivated
- Tired

One thing that went well:

One thing that you enjoyed about the day:

One thing to try next time: