

Worksheet - Weekly Wellbeing Check-In

A simple weekly tool to help children notice patterns in their energy, mood, and enjoyment.

Week Beginning:

1. How did you feel before training this week?

- Calm
- A bit nervous
- Excited
- Tired
- Unsure
- Other:

2. How did you feel during training?

- Happy
- Focused
- A little overwhelmed
- Frustrated
- Proud
- Other:

3. How did you feel after training?

- Energised
- Tired in a good way
- A bit low
- Satisfied
- Confused
- Other:

4. What was the best part of training this week?

5. What was the hardest part of training?

6. Is there anything you'd like to get better at next week?

7. How was your energy level this week?

Rate 1-5 (low to high): 1 2 3 4 5

8. Is there anything you'd like your parent or coach to know?