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## **Pre-Competition/Fitness Test Preparation Routine**

<b>What I want to do</b>	<b>What I want to think about</b>	<b>What I want my emotional state to be</b>
<b>The 72 to 24 hours before competition:</b>		
<b>Night before:</b>		
<b>When I wake up on competition day:</b>		
<b>2 hrs prior:</b>		
<b>1 hr prior:</b>		
<b>My warm up routine:</b>		
<b>On the start line or just before the game:</b>		
<b>After I have competed:</b>		