

# Self-Check – Swiss Golf

## How are you feeling?

- Your health matters!
- Please check by yourself –
- You are responsible for your own health and happiness!





## SELF CHECK

YES NO

PLEASE REFLECT ON THE LAST 14 DAYS FOR ALL ANSWERS

	YES	NO
<b>Quality of Sleep</b>		
Minimum of 8 hours sleep on average		
<b>Quality of Sleep</b>		
On a scale from 1 (very bad) to 6 (fantastic) my quality of sleep was a minimum of 4		
<b>Training</b>		
On a scale from 1 (very easy) to 10 (extremely challenging) more than half of the trainings have been a 7 or higher		
<b>Recovery</b>		
On a scale from -3 (very tired) to +3 (fully recovered) I am on at least +1 on average		
<b>Recovery</b>		
I have used at least 2 of the following relaxation methods (Massage, Sauna, Stretching, Black Roll, Yoga, Meditation...)		
<b>Clothing, Equipment</b>		
I was always correctly and suitably dressed and equipped during my tournaments and trainings		
<b>Leisure time</b>		
I had a minimum 2 X 2 hours to relax, read, watch a movie, enjoy music...		
<b>Symptoms</b>		
I never had any stress symptoms or health issues e.g. Herpes, pain, problems with the digestive system		
<b>Stress</b>		
On a scale from 1 (no stress at all) to 6 (extremely stressed) my level of stress (School, Training, Tournaments, private and on the sports side) was never higher than 3		
<b>Nutrition</b>		
I always ate and drank healthily, well-balanced and sufficient amounts		
<b>Drinking</b>		
I drank at least 2 liters of water every day		
<b>Warm up</b>		
I always did a proper warm up before training and tournaments		
<b>Concentration</b>		
On a scale from 1 (not at all) to 6 (highly concentrated) my level was at least 4 during training and tournaments		
<b>Motivation</b>		
On a scale from -2 (not at all) to +2 (highly motivated) my level was always between +1 and +2		
<b>Team Spirit</b>		
On a scale from -2 (not at all) to +2 (completely) the level of acceptance I felt from my training group or tournament flight/team was always between +1 and +2		
<b>RESULT:</b> <b>Please count your «yes» answers. Take care! Your health is the most important asset you have!</b>		

# Where do I stand? How am I feeling?

## Evaluation scale



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### **0-9 x Yes**

Please talk about your situation with your Parents/family, Coach, Captain, Doctor or you contact us.



### **10-12 x Yes**

Try to adapt your behavior so that you can answer "yes" a few more times



### **13-15 x Yes**

Looks like you are doing great! Keep it up!

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We'll help you - get in touch with us if you need it..