

End of Week check-in

NAME:

GENERAL

1. On a scale of 1 to 7, please rank your how you felt this past week in each area.

a) How energetic did you feel?	1	2	3	4	5	6	7
	Poor			Neutral			Great
b) How was your sleep most nights?	1	2	3	4	5	6	7
	Poor			Neutral			Great
c) How was school?	1	2	3	4	5	6	7
	Poor			Neutral			Great
d) How are your relationships at school going?	1	2	3	4	5	6	7
	Poor			Neutral			Great
e) How did you feel about your wrestling practices?	1	2	3	4	5	6	7
	Poor			Neutral			Great
f) Overall, how would you describe this past week?	1	2	3	4	5	6	7
	Poor			Neutral			Great

2. What was the best part of your week?

3. What was the worst part of your week?

School:

4. Did you attend all your classes this week?

YES NO

If no, why did you miss? Was it an excused absence that was notified by your parent/guardian?

5. Did you receive any grades this week? Write down the subject, grade and type of test.

Subject _____ Grade _____ Test type (Test, Quiz, project, exam)

6. Do you have an upcoming test or project that will require extra work and effort coming up in the next 2 weeks?
__YES __No
 - a. What are you doing to prepare for it?
 - b. Is this a subject in which you experience difficulty?
7. Overall, is a certain class giving you trouble for which you would like help setting up a game plan to tackle it?

Wrestling:

1. Did you attend all of your scheduled practices this week?
__YES __No
If no, what was your reason:
2. What is something you've been focused on improving this past week?
3. Have you been enjoying your time at practice?
__YES __NO
4. Have you been feeling motivated to come to practice?
__YES __NO
5. Is there anything that you enjoyed learning or would like to improve on that you will carry into next week?

Friends, family, life and 'stuff'

1. Did you generally feel happy this week? Why or why not?
2. Have you been feeling stressed? If so, did something happen to trigger it?
3. Have you been getting along with your friends and family?
4. Have you been struggling with something or is there anything going on at home or at school that you would like us to know about?

If so, would you like to set up a time to talk about it?
__YES __NO, I just want you to know about it