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OPEN JOURNAL



GETTING THE MOST OUT OF THE OPEN

Congratulations, you've signed up for the CrossFit Open!

This is a great time to celebrate all the hard work you've been putting in at the gym. It's also a chance to encourage your friends, and let them encourage you in return.

As with all competitions, we could get sucked into beating yourself up about your performance, getting upset with the judges, over-caffeinating, under-hydrating, worrying too much about the next workout, checking the leaderboard too often, and many more. Some of these we've done ourselves, which is why we created this journal to keep you focused on what's important.



To help you get the most out of the competition, take some time to reflect on the below:

Why have I signed up for the Open?

How do I want to show up at each workout?

How can I help myself do well over the three weeks? (e.g. get into bed at a certain time, etc)

Some affirmations for myself



WEEK 1

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WEEK 1 >>

BEFORE THE WORKOUT

Have I done any similar workouts I can compare this one to? What can I learn from those?

Will I go scaled or Rx? Why?

How can I prepare for this workout to give myself the best chance of success? (Think about setup, weight selection, kit, etc)

How will I pace this workout?

What thoughts could trip me up in this workout when things get hard?

What will I tell myself instead?



AFTER THE WORKOUT

How did I do?

How did I find it? Any surprises?

What did I learn?

Anything I want to do / change in my training as a result?



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WEEK 2 >>

WEEK 2

BEFORE THE WORKOUT

Have I done any similar workouts I can compare this one to? What can I learn from those?

Will I go scaled or Rx? Why?

How can I prepare for this workout to give myself the best chance of success? (Think about setup, weight selection, kit, etc)

How will I pace this workout?

What thoughts could trip me up in this workout when things get hard?

What will I tell myself instead?

AFTER THE WORKOUT

How did I do?

How did I find it? Any surprises?

What did I learn?

Anything I want to do / change in my training as a result?

WEEK 2

WEEK 3



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WEEK 3 >>

BEFORE THE WORKOUT

Have I done any similar workouts I can compare this one to? What can I learn from those?

Will I go scaled or Rx? Why?

How can I prepare for this workout to give myself the best chance of success? (Think about setup, weight selection, kit, etc)

How will I pace this workout?

What thoughts could trip me up in this workout when things get hard?

What will I tell myself instead?



AFTER THE WORKOUT

How did I do?

How did I find it? Any surprises?

What did I learn?

Anything I want to do / change in my training as a result?

AFTER THE OPEN

Congratulations, you've completed the Open!
What a ride!

Now with the 3 weeks behind you, you can reflect on how they went. Use the questions below to guide you:

1 What did I learn overall about my performance?

2 What do I want to focus on in my training now?

3 How can I do this?

What help do I need?



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AFTER THE OPEN >>



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