

## export (3)

first_name	last_name	email	scorecard_started_at	scorecard_finished_at	time_taken	completed	optin	optin_detail	utm_source	utm_campaign	utm_medium	utm_term	utm_content	result_key	result_url	result_pdf_url	referrer	landing_page	ip_address_country
Melanie	Ellul	melellul@gmail.com	2025-10-13 16:29:23	2025-10-13 16:32:17	00:02:26	Yes	Yes	Implied						68ed28e366ce1350541866	https://trackdays.scoreapp.com/results/68ed28e366ce1350541866		Main Landing Page	United Kingdom	
Domenico	Posa	posa.dome@gmail.com	2025-09-09 13:09:41	2025-09-09 13:24:51	00:14:24	Yes	Yes	Implied						68c027f5b391d13441524	https://trackdays.scoreapp.com/results/68c027f5b391d13441524		Main Landing Page	Italy	
Sherwick	Min	ironmin689@gmail.com	2025-06-22 23:55:41	2025-06-23 00:04:45	00:07:16	Yes	Yes	Implied						685897fd701df503447253	https://trackdays.scoreapp.com/results/685897fd701df503447253		Main Landing Page	United States	

Overall Score %	Overall Score - Actual	Mindset Before The Track Day Score %	Mindset Before The Track Day Score - Actual	Warm-Up & Preparation Score %	Warm-Up & Preparation Score - Actual	On Track Performance Score %	On Track Performance Score - Actual	Performance Blockers Score %	Performance Blockers Score - Actual	Feedback Loops Score %
77	80.00	100	18.00	33	8.00	95	19.00	85	17.00	81
72	75.00	61	11.00	75	18.00	70	14.00	70	14.00	94
84	87.00	83	15.00	79	19.00	85	17.00	90	18.00	81

Feedback Loops Score - Actual	What circuit did you ride?	Have you ridden their before?	How much were you looking forward to this event?	Did you set a goal for the track day?	What would achieving your goal have meant to you?	Did you achieve that goal?	Do you have a consistent warm-up routine before each session?
13.00	Stretton	Yes	Extremely	Yes	Hairpin pedal work	Yes	No
15.00	Vallelunga	Yes	Quite a bit	Yes	That my process is working, bringing desired outcomes (enjoyment, PBs)	No	Yes
13.00	The Ridge - chicane	Yes	Quite a bit	Yes	Build confidence for next track day, confirm progress	Yes	Yes

How Calm or Rushed did you feel before going out on track?	How would you rate your sleep The night before the event?	How would you rate your nutrition and hydration during the day?	How prepared did you feel before each session?	Do you always ensure your gear and bike are fully prepared before the track day?
🟡 A bit rushed - felt flustered and not fully ready	Good	Fair	🟡 Mostly prepared - I had a clear plan and felt focused	No
🟡 Mostly calm - had a few nerves but felt prepared	Fair	Good	🟡 Somewhat prepared - I had the basics but wasn't fully ready	Yes
🟡 Mostly calm - had a few nerves but felt prepared	Poor	Good	🟢 Fully prepared - I felt mentally and physically ready to perform	Yes

What is your level of focus while being on track?	How relaxed were you on the bike?	How loud was your inner critic while riding?	What was your level of confidence on track during the day?	How much fun did you have overall?	How stressful was the lead-up to the day (home, work, life distractions)?
Locked-in	Constantly	Occasionally noticeable – but I could tune it out	Very high – I trusted myself, pushed hard, and rode with belief	Absolutely loved it	Minimal stress
Mostly focused	Occasionally	Occasionally noticeable – but I could tune it out	Mixed – some laps felt good, others filled with doubt	Mostly enjoyed it	Some stress
Mostly focused	Constantly	Occasionally noticeable – but I could tune it out	Very high – I trusted myself, pushed hard, and rode with belief	Mostly enjoyed it	Minimal stress

How much did work or family stress affect your headspace during the day? How mindful were you of what other people may think about you on track?	Did travel to the event affect your readiness? (Fatigue, delays, rushed arrival, etc.)	How often do you just get up to speed and the chequered flag comes out
Not at all	🟡 Often mindful – I was aware and it distracted me at times	🟠 Not at all – I arrived early, relaxed, and ready to go
A little	🟡 Occasionally mindful – but I mostly stayed focused on myself	🟠 Not really – minor impact, but I settled in fine
Not at all	🟡 Occasionally mindful – but I mostly stayed focused on myself	🟠 Not at all – I arrived early, relaxed, and ready to go

What specific feedback or data did you use to identify areas for improvement? After each session, did you take time to review your performance (lap times, technique, mindset)? Are you able to identify trackside what is holding you back from riding your best laps?			How well do you accept and work on feedback from data, or people around you?
Lap timer	Yes	Yes	<input type="checkbox"/> I actively seek out feedback and use it to improve
Lap timer, Go Pro, Rider Coach	Yes	Yes	<input type="checkbox"/> I actively seek out feedback and use it to improve
Lap timer, Sector Times	Yes	Yes	<input checked="" type="checkbox"/> I accept most feedback and try to apply it when I can

How satisfied were you with your performance at the Track day				Did you achieve a PB?	What Is Your Age?	If you could change one thing about yourself to boost your performance, what would it be?	If there was a proven system to help you feel more relaxed, more focused, and get more enjoyment (and results) on track — would you be interested in finding out more?
Mostly satisfied	Nearly	25	Seat time frequency		Yes, definitely		
Slightly Satisfied	Long Way Off	51	Ability to be more at ease with engine power and raw speed		Yes, definitely		
Mostly satisfied	Nearly	59	Adapt quicker to changing conditions		Yes, definitely		