

export (2)

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
Amar	Rajeev	amar06rajeev@gmail.com	2025-10-21 04:34:31	2025-10-21 04:38:29	00:03:26	Yes	Yes	Implied						68770d574677d316897398	https://improve-rider.scoreapp.com/results/68770d574677d316897398	
Amy	Thrower	amy.thrower93@gmail.com	2025-10-15 20:19:46	2025-10-15 20:30:40	00:10:41	Yes	Yes	Implied						686001e62484ef046947999	https://improve-rider.scoreapp.com/results/686001e62484ef046947999	
Clayton	Grover	claytongrover@hotmail.co.uk	2025-10-13 08:42:06	2025-10-13 08:46:40	00:04:16	Yes	Yes	Implied						68ecbb5e6e500246946367	https://improve-rider.scoreapp.com/results/68ecbb5e6e500246946367	
Scott	Cameron	scottycam07@hotmail.com	2025-10-10 21:05:52	2025-10-10 21:18:24	00:11:59	Yes	Yes	Implied						68e97530e598f309187632	https://improve-rider.scoreapp.com/results/68e97530e598f309187632	
Oisin	Mahe	oisinmaher5959@gmail.com	2025-10-10 16:48:29	2025-10-10 16:52:26	00:03:21	Yes	Yes	Implied						68e938dcda092a322534905	https://improve-rider.scoreapp.com/results/68e938dcda092a322534905	
Hinata	Okada	okahina0821@icloud.com	2025-10-09 08:42:09	2025-10-09 08:45:49	00:03:07	Yes	Yes	Implied						68e77561b16df605931052	https://improve-rider.scoreapp.com/results/68e77561b16df605931052	
Hinata	Okada	okahina0821@icloud.com	2025-10-09 08:41:24		00:00:25	No	Yes	Implied						68e775342e164825987610		
Juho	Kantola	juhis.kantola@gmail.com	2025-10-07 20:10:26	2025-10-07 20:17:40	00:06:25	Yes	Yes	Implied						68e573b29a415174217003	https://improve-rider.scoreapp.com/results/68e573b29a415174217003	
Leo	Darling	ld2901108@icloud.com	2025-10-07 10:32:27	2025-10-07 10:41:20	00:07:33	Yes	Yes	Implied						68e4ec3b70c0f9152634551	https://improve-rider.scoreapp.com/results/68e4ec3b70c0f9152634551	
Marc	Pronk	marcpronk@gmail.com	2025-10-06 12:02:42			No	Yes	Implied						68e3afe20f538809975095		
Ghage	Plowman	ghage.plowman@outlook.com	2025-10-06 10:32:31	2025-10-06 10:38:30	00:05:23	Yes	Yes	Implied						68e39abf152ae779377348	https://improve-rider.scoreapp.com/results/68e39abf152ae779377348	
Krue	Knight	krueknight@gmail.com	2025-10-06 10:20:22	2025-10-06 10:27:31	00:06:24	Yes	Yes	Implied						68e397e65cd64134844831	https://improve-rider.scoreapp.com/results/68e397e65cd64134844831	
Tom	Gallagher	te.gallagher@outlook.com	2025-09-23 09:12:02	2025-09-23 09:18:02	00:05:49	Yes	Yes	Implied						68d2646251672844769572	https://improve-rider.scoreapp.com/results/68d2646251672844769572	
Mark	Mcgauran	markmcgauran1997@gmail.com	2025-09-21 19:42:00			No	Yes	Implied						68d0505071f359846619463		
Mark	Mcgauran	markmcgauran1997@gmail.com	2025-09-21 19:38:21		00:03:22	No	Yes	Implied						68d0542d3d470745979493		
Rui	Goncalves	rgmgara@gmail.com	2025-09-18 17:57:55	2025-09-18 20:55:28	02:57:08	Yes	Yes	Implied						68cc482326251760277091	https://improve-rider.scoreapp.com/results/68cc482326251760277091	
Joshua	Proudfoot	joshua@apco.co.uk	2025-09-18 16:35:24	2025-09-18 16:44:38	00:08:43	Yes	Yes	Implied						68cc34ccc89e774812725	https://improve-rider.scoreapp.com/results/68cc34ccc89e774812725	
Flynn	Jacobs	Flynjacobs121@gmail.com	2025-09-17 12:11:21	2025-09-17 12:16:21	00:04:05	Yes	Yes	Implied						68caa5696b472900917655	https://improve-rider.scoreapp.com/results/68caa5696b472900917655	
Marshall	Rosas	rossamarshall@gmail.com	2025-09-16 20:45:52	2025-09-17 18:32:39	00:18:17	Yes	Yes	Implied						68c9cc8032b77901654631	https://improve-rider.scoreapp.com/results/68c9cc8032b77901654631	
Ian	Fraley	ianfraley@hotmail.com	2025-09-16 17:38:37	2025-09-16 17:43:51	00:04:45	Yes	Yes	Implied						68c9a09d939c0374508276	https://improve-rider.scoreapp.com/results/68c9a09d939c0374508276	
Karl	Freeth	Karl@datasys.org.uk	2025-09-16 14:53:27	2025-09-16 14:57:33	00:03:54	Yes	Yes	Implied						68c979e77d200066729309	https://improve-rider.scoreapp.com/results/68c979e77d200066729309	
Steve	Otter	nev@spicboyracing.co.uk	2025-09-14 07:18:57	2025-09-14 07:25:41	00:05:45	Yes	Yes	Implied						68c66c61aads3922503727	https://improve-rider.scoreapp.com/results/68c66c61aads3922503727	
Neve	Frizzell	steve_1000r@hotmail.co.uk	2025-09-13 11:42:23	2025-09-13 11:49:15	00:06:36	Yes	Yes	Implied						68c5589f13c89505405277	https://improve-rider.scoreapp.com/results/68c5589f13c89505405277	
Craig	Dance	craigdance47@yahoo.com	2025-09-11 13:57:06	2025-09-11 14:01:37	00:04:19	Yes	Yes	Implied						68c2d532373a1210599447	https://improve-rider.scoreapp.com/results/68c2d532373a1210599447	
Levi	Russo	levi.russo72@gmail.com	2025-09-11 13:18:42	2025-09-11 13:22:04	00:02:56	Yes	Yes	Implied						68c2cc32ea0a30688369383	https://improve-rider.scoreapp.com/results/68c2cc32ea0a30688369383	
Ben	Rybicki	ben.rybicki@afaceteam.co.uk	2025-09-11 06:17:21	2025-09-11 06:23:13	00:05:36	Yes	Yes	Implied						68c26971237bd339282707	https://improve-rider.scoreapp.com/results/68c26971237bd339282707	
Levi	Russo	levi.russo72@gmail.com	2025-09-10 13:26:02	2025-09-10 13:30:39	00:04:06	Yes	Yes	Implied						68c17c6a544cb052799752	https://improve-rider.scoreapp.com/results/68c17c6a544cb052799752	
Hunter	Corney	lox167@hotmail.com	2025-09-10 07:29:51	2025-09-10 07:40:28	00:10:26	Yes	Yes	Implied						68c129e9f1f7b139129989	https://improve-rider.scoreapp.com/results/68c129e9f1f7b139129989	
Aleah	Layton	alayton23@hotmail.com	2025-09-09 16:17:29	2025-09-09 16:23:00	00:05:12	Yes	Yes	Implied						68c05319504c4252955785	https://improve-rider.scoreapp.com/results/68c05319504c4252955785	
Gary	Okeeffe	Gok7@hotmail.co.uk	2025-09-09 14:21:43	2025-09-09 14:25:53	00:03:53	Yes	Yes	Implied						68c037773f054895079303	https://improve-rider.scoreapp.com/results/68c037773f054895079303	
Robert	Przybylowicz	kailbert44@gmail.com	2025-09-09 13:11:46	2025-09-09 13:15:26	00:03:10	Yes	Yes	Implied						68c027921d1cd544894712	https://improve-rider.scoreapp.com/results/68c027921d1cd544894712	
Brandon	Keen	brandonkeen2008@gmail.com	2025-09-09 12:28:57	2025-09-09 12:32:26	00:02:38	Yes	Yes	Implied						68c01d89b61d5389108788	https://improve-rider.scoreapp.com/results/68c01d89b61d5389108788	
Levi	Russo	levi.russo72@gmail.com	2025-09-09 11:12:50	2025-09-09 11:19:27	00:06:11	Yes	Yes	Implied						68c00bb291185480596803	https://improve-rider.scoreapp.com/results/68c00bb291185480596803	
Ess	Bee	batten.sarah@gmail.com	2025-09-06 12:21:47	2025-09-06 12:26:33	00:05:44	Yes	Yes	Implied						68bc275e03a123364838	https://improve-rider.scoreapp.com/results/68bc275e03a123364838	
Mark	Elleray	mark.elleray@abbotsolutions.com	2025-09-05 14:37:17	2025-09-05 14:45:17	00:07:47	Yes	Yes	Implied						68bf9af5d702232408492	https://improve-rider.scoreapp.com/results/68bf9af5d702232408492	
Sam	Hirst	samhirst9131@hotmail.com	2025-09-04 17:49:36	2025-09-04 17:52:56	00:03:09	Yes	Yes	Implied						68b9d1302c7c6462241232	https://improve-rider.scoreapp.com/results/68b9d1302c7c6462241232	
Kevin	Grey	kgracing@hotmail.com	2025-09-03 23:15:56	2025-09-03 23:21:00	00:04:24	Yes	Yes	Implied						68b8cc2ce0e3670414348	https://improve-rider.scoreapp.com/results/68b8cc2ce0e3670414348	
Carl	Vickers	cjv@sky.com	2025-08-25 18:48:34	2025-08-25 18:54:21	00:05:35	Yes	Yes	Implied						68bac0028ac79502907592	https://improve-rider.scoreapp.com/results/68bac0028ac79502907592	
Gary	Eubanks	ubwheels2@yahoo.com	2025-08-22 11:24:46	2025-08-22 11:32:44	00:07:32	Yes	Yes	Implied						68ab837e42a73192961615	https://improve-rider.scoreapp.com/results/68ab837e42a73192961615	
Jaret	Nassaney	JaretfNassaney359@gmail.com	2025-08-19 18:26:47	2025-08-19 18:33:56	00:06:49	Yes	Yes	Implied						68a4c1e7bb607743613151	https://improve-rider.scoreapp.com/results/68a4c1e7bb607743613151	
Sami	Captain	sammy.captain@yahoo.com	2025-08-17 15:04:29	2025-08-17 15:12:51	00:07:57	Yes	Yes	Implied						68a1ef7dde017032163678	https://improve-rider.scoreapp.com/results/68a1ef7dde017032163678	
Sam	Green	samgreenco50@gmail.com	2025-08-13 10:16:01	2025-08-13 10:21:32	00:05:12	Yes	Yes	Implied						689c65e192cc676534045	https://improve-rider.scoreapp.com/results/689c65e192cc676534045	
Joshua	Williams	jsw78racing@outlook.com	2025-08-12 08:42:50	2025-08-12 08:49:03	00:06:00	Yes	Yes	Implied						689afef8a2509d120918130	https://improve-rider.scoreapp.com/results/689afef8a2509d120918130	
Paul	Jordan	pauljordan61@hotmail.co.uk	2025-08-11 13:37:44	2025-08-11 14:25:23	00:04:53	Yes	Yes	Implied						6899f228c95a365289257	https://improve-rider.scoreapp.com/results/6899f228c95a365289257	
Harry	Gower	harry.gower910@hotmail.com	2025-08-11 10:17:50	2025-08-11 10:23:36	00:05:16	Yes	Yes	Implied						6899c34e05a7c457126388	https://improve-rider.scoreapp.com/results/6899c34e05a7c457126388	
David	Glossop	dave@heliodevautocars.co.uk	2025-07-27 09:03:49	2025-07-27 09:12:03	00:07:54	Yes	Yes	Implied						6895eb75099b7469271496	https://improve-rider.scoreapp.com/results/6895eb75099b7469271496	
Ricky	Elder	ricky@reperformance.co.uk	2025-07-24 20:05:23	2025-07-24 20:10:21	00:04:37	Yes	Yes	Implied						68829203a2cf491587962	https://improve-rider.scoreapp.com/results/68829203a2cf491587962	
Jordan	Warren Goodie	joardanwarren262@gmail.com	2025-07-18 10:14:12	2025-07-18 10:19:11	00:04:40	Yes	Yes	Implied						687a1ef4204895132386028	https://improve-rider.scoreapp.com/results/687a1ef4204895132386028	
Deion	Campbell	drcing95@gmail.com	2025-07-15 07:05:16	2025-07-15 08:17:08	00:10:10	Yes	Yes	Implied						6875fdac9e267f341927110	https://improve-rider.scoreapp.com/results/6875fdac9e267f341927110	
Anthony	Johnson	aj75-johnson@hotmail.com	2025-07-15 05:22:25	2025-07-15 05:34:25	00:01:34	Yes	Yes	Implied						6875e5912d819659585266	https://improve-rider.scoreapp.com/results/6875e5912d819659585266	
Keo	Walker	keoracing@btinternet.com	2025-07-10 18:08:08	2025-07-10 18:19:31	00:10:42	Yes	Yes	Implied						687001882ca661180566476	https://improve-rider.scoreapp.com/results/687001882ca661180566476	
Chris	Quested	chrisquested@hotmail.com	2025-07-09 10:56:14	2025-07-09 11:01:01	00:04:36	Yes	Yes	Implied						686e4ace0b65014497304	https://improve-rider.scoreapp.com/results/686e4ace0b65014497304	
Illiam	Quayle	illyq@outlook.com	2025-07-08 14:54:55	2025-07-08 14:58:46	00:03:36	Yes	Yes	Implied						686d3130d0512348097635	https://improve-rider.scoreapp.com/results/686d3130d0512348097635	
Alfie	Garrod	alfiegarrod062@gmail.com	2025-07-08 10:16:16	2025-07-08 10:27:23	00:10:40	Yes	Yes	Implied						686ccef0465d0d634005635	https://improve-rider.scoreapp.com/results/686ccef0465d0d634005635	
Alex	Latham	alexlatham37@hotmail.com	2025-07-07 19:43:39	2025-07-07 19:51:45	00:07:50	Yes	Yes	Implied						686c236bc2bdb621116559	https://improve-rider.scoreapp.com/results/686c236bc2bdb621116559	
Sam	Hirst	hirsty70391@gmail.com	2025-07-07 17:36:45	2025-07-07 17:42:43	00:05:40	Yes	Yes	Implied						686c05adb0384005498368	https://improve-rider.scoreapp.com/results/686c05adb0384005498368	
Christian	Slater	slater.sms@gmail.com	2025-07-07 10:46:24	2025-07-07 10:58:59	00:08:32	Yes	Yes	Implied						686ba580d03c307460736	https://improve-rider.scoreapp.com/results/686ba580d03c307460736	
Lewis	Jones	lewisljones307@gmail.com	2025-07-05 19:47:08	2025-07-05 19:54:25	00:07:03	Yes	Yes	Implied						6869813c935a9381050018	https://improve-rider.scoreapp.com/results/6869813c935a9381050018	
Stuart	Mitchell	stuardloz@icloud.com	2025-07-04 22:00:14	2025-07-04 22:08:40	00:08:00	Yes	Yes	Implied						68684eeec293330314796	https://improve-rider.scoreapp.com/results/68684eeec293330314796	
Thomas	Hemingbrough	tomhemingbrough@gmail.com	2025-07-04 17:51:52	2025-07-04 18:01:31	00:09:24	Yes	Yes	Implied						686814b8b2c3a43d220033	https://improve-rider.scoreapp.com/results/686814b8b2c3a43d220033	
Matthew	Wood	mi-wood12@outlook.co.uk	2025-07-02 18:13:23	2025-07-02 18:36:03	00:22:24	Yes	Yes	Implied						68657fc3865c9163030626	https://improve-rider.scoreapp.com/results/68657fc3865c9163030626	
Rhys	Coates	coatesrhys2@gmail.com	2025-07-01 10:07:33	2025-07-01 10:13:29	00:05:30	Yes	Yes	Implied						6863c365cd8f6660018836	https://improve-rider.scoreapp.com/results/6863c365cd8f6660018836	
Alex	Nunn	x37v37@gmail.com	2025-06-30 16:28:44	2025-06-30 16:37:24	00:08:28	Yes	Yes	Implied						68623b3ccf51c104741012	https://improve-rider.scoreapp.com/results/68623b3ccf51c104741012	
Aaron	Cooke	aaronbaldwin98@gmail.com														

referrer	landing_page	ip_address_country	Overall Score %	Overall Score - Actual	Mindset & Goals Score %	Mindset & Goals Score - Actual	Warm-Up & Preparation Score %	Warm-Up & Preparation Score - Actual	Free Practice Performance Score %	Free Practice Performance Score - Actual
https://caminoocoaching.co.uk/	Main Landing Page	New Zealand	46	50.00	57	8.00	43	6.00	65	13.00
	Main Landing Page	United Kingdom	53	58.00	50	7.00	43	6.00	50	10.00
	Main Landing Page	United Kingdom	57	62.00	57	8.00	50	7.00	40	8.00
https://facebook.com/	Main Landing Page	Australia	77	84.00	100	14.00	79	11.00	80	16.00
	Main Landing Page	Ireland	61	66.00	50	7.00	57	8.00	55	11.00
	Main Landing Page	Portugal	66	72.00	64	9.00	79	11.00	55	11.00
https://instagram.com/	Main Landing Page	Portugal	0							
	Main Landing Page	Finland	77	84.00	79	11.00	71	10.00	75	15.00
	Main Landing Page	Australia	70	76.00	71	10.00	79	11.00	55	11.00
https://instagram.com/	Main Landing Page	The Netherlands	0							
	Main Landing Page	Australia	69	75.00	64	9.00	43	6.00	85	17.00
	Main Landing Page	Australia	62	68.00	50	7.00	79	11.00	60	12.00
https://instagram.com/	Main Landing Page	United Kingdom	56	61.00	86	12.00	71	10.00	40	8.00
	Main Landing Page	Ireland	0							
	Main Landing Page	Ireland	0							
http://m.facebook.com/	Main Landing Page	United Kingdom	64	70.00	86	12.00	36	5.00	50	10.00
	Main Landing Page	United Kingdom	72	79.00	50	7.00	79	11.00	70	14.00
	Main Landing Page	Australia	59	64.00	64	9.00	57	8.00	45	9.00
https://instagram.com/	Main Landing Page	United States	82	89.00	93	13.00	93	13.00	80	16.00
	Main Landing Page	United States	63	69.00	57	8.00	71	10.00	70	14.00
	Main Landing Page	United Kingdom	81	88.00	93	13.00	71	10.00	80	16.00
https://instagram.com/	Main Landing Page	United Kingdom	61	67.00	64	9.00	50	7.00	50	10.00
	Main Landing Page	United Kingdom	69	75.00	79	11.00	57	8.00	60	12.00
	Main Landing Page	United Kingdom	83	91.00	86	12.00	93	13.00	80	16.00
https://instagram.com/	Main Landing Page	Australia	61	67.00	64	9.00	50	7.00	65	13.00
	Main Landing Page	United Kingdom	72	79.00	71	10.00	71	10.00	75	15.00
	Main Landing Page	Australia	61	66.00	64	9.00	50	7.00	60	12.00
https://improve-rider.scoreapp.com/continue/58c0b76f27aee916236660	Main Landing Page	Australia	89	97.00	86	12.00	93	13.00	85	17.00
	Main Landing Page	United Kingdom	53	58.00	50	7.00	57	8.00	60	12.00
	Main Landing Page	United Kingdom	61	67.00	64	9.00	71	10.00	65	13.00
https://instagram.com/	Main Landing Page	Poland	49	53.00	57	8.00	64	9.00	45	9.00
	Main Landing Page	United Kingdom	83	90.00	86	12.00	100	14.00	75	15.00
	Main Landing Page	Australia	64	70.00	64	9.00	50	7.00	60	12.00
https://instagram.com/	Main Landing Page	Australia	69	75.00	50	7.00	71	10.00	85	17.00
	Main Landing Page	United Kingdom	64	70.00	57	8.00	64	9.00	65	13.00
	Main Landing Page	United Kingdom	86	94.00	86	12.00	79	11.00	85	17.00
http://m.facebook.com/	Main Landing Page	New Zealand	57	62.00	79	11.00	36	5.00	55	11.00
	Main Landing Page	United Kingdom	65	71.00	64	9.00	64	9.00	70	14.00
	Main Landing Page	United States	86	94.00	100	14.00	89	16.00	75	15.00
https://instagram.com/	Main Landing Page	United States	69	75.00	64	9.00	78	14.00	55	11.00
	Main Landing Page	United States	78	85.00	79	11.00	83	15.00	75	15.00
	Main Landing Page	United Kingdom	64	70.00	57	8.00	72	13.00	50	10.00
https://improve-rider.scoreapp.com/	Main Landing Page	United Kingdom	69	75.00	64	9.00	78	14.00	90	18.00
	Main Landing Page	United Kingdom	65	71.00	64	9.00	72	13.00	60	12.00
	Main Landing Page	United Kingdom	72	78.00	86	12.00	67	12.00	55	11.00
https://meta.com/	Main Landing Page	United Kingdom	67	62.00	90	9.00	57	8.00	55	11.00
	Main Landing Page	United States	68	63.00	100	10.00	57	8.00	50	10.00
	Main Landing Page	United Kingdom	68	63.00	80	8.00	50	7.00	50	10.00
https://instagram.com/	Main Landing Page	United States	55	51.00	60	6.00	50	7.00	45	9.00
	Main Landing Page	United Kingdom	69	64.00	60	6.00	79	11.00	50	10.00
	Main Landing Page	United Kingdom	80	74.00	90	9.00	79	11.00	90	18.00
https://instagram.com/	Main Landing Page	United Kingdom	66	61.00	70	7.00	57	8.00	70	14.00
	Main Landing Page	United Kingdom	59	55.00	80	8.00	64	9.00	60	12.00
	Main Landing Page	United Kingdom	73	68.00	80	8.00	64	9.00	70	14.00
https://instagram.com/	Main Landing Page	United Kingdom	60	56.00	80	8.00	57	8.00	45	9.00
	Main Landing Page	United Kingdom	61	57.00	50	5.00	57	8.00	60	12.00
	Main Landing Page	United Kingdom	68	63.00	50	5.00	64	9.00	80	16.00
https://facebook.com/	Main Landing Page	United Kingdom	63	59.00	70	7.00	64	9.00	55	11.00
	Main Landing Page	United Kingdom	51	47.00	60	6.00	43	6.00	45	9.00
	Main Landing Page	United Kingdom	63	59.00	80	8.00	50	7.00	55	11.00
https://instagram.com/	Main Landing Page	United Kingdom	77	72.00	90	9.00	93	13.00	60	12.00
	Main Landing Page	United Kingdom	67	62.00	80	8.00	43	6.00	60	12.00
	Main Landing Page	United Kingdom	60	56.00	80	8.00	79	11.00	40	8.00
https://instagram.com/	Main Landing Page	United Kingdom	59	55.00	90	9.00	43	6.00	55	11.00
	Main Landing Page	United Kingdom	87	81.00	100	10.00	64	9.00	95	19.00
	Main Landing Page	United Kingdom	62	58.00	100	10.00	50	7.00	60	12.00
https://instagram.com/	Main Landing Page	United Kingdom	89	83.00	100	10.00	100	14.00	80	16.00
	Main Landing Page	United Kingdom	82	76.00	80	8.00	86	12.00	80	16.00
	Main Landing Page	United Kingdom	78	73.00	100	10.00	71	10.00	75	15.00
https://instagram.com/	Main Landing Page	United Kingdom	53	49.00	60	6.00	36	5.00	60	12.00
	Main Landing Page	United States	92	86.00	100	10.00	93	13.00	90	18.00
	Main Landing Page	United Kingdom	75	70.00	80	8.00	79	11.00	80	16.00
https://instagram.com/	Main Landing Page	United Kingdom	57	53.00	70	7.00	50	7.00	50	10.00
	Main Landing Page	Australia	66	61.00	90	9.00	50	7.00	45	9.00
	Main Landing Page	United States	78	73.00	70	7.00	64	9.00	85	17.00
https://improve-rider.scoreapp.com/	Main Landing Page	United States	82	76.00	80	8.00	86	12.00	90	18.00
	Main Landing Page	United States	75	70.00	80	8.00	64	9.00	70	14.00
	Main Landing Page	United States	77	72.00	90	9.00	57	8.00	70	14.00
http://m.facebook.com/	Main Landing Page	United States	66	61.00	70	7.00	71	10.00	70	14.00
	Main Landing Page	United States	61	57.00	70	7.00	64	9.00	60	12.00
	Main Landing Page	United States	56	52.00	80	8.00	50	7.00	50	10.00
https://facebook.com/	Main Landing Page	United States	57	53.00	50	5.00	43	6.00	75	15.00
	Main Landing Page	Australia	59	55.00	50	5.00	64	9.00	50	10.00
	Main Landing Page	United Kingdom	70	65.00	90	9.00	71	10.00	70	14.00
https://instagram.com/	Main Landing Page	United Kingdom	86	80.00	90	9.00	79	11.00	80	16.00
	Main Landing Page	United Kingdom	66	61.00	50	5.00	50	7.00	60	12.00
	Main Landing Page	United Kingdom	73	68.00	50	5.00	57	8.00	85	17.00
https://instagram.com/	Main Landing Page	United Kingdom	86	80.00	90	9.00	93	13.00	85	17.00
	Main Landing Page	United Kingdom	55	51.00	40	4.00	57	8.00	60	12.00
	Main Landing Page	United Kingdom	70	65.00	70	7.00	43	6.00	75	15.00
https://m.facebook.com/	Main Landing Page	United Kingdom	65	60.00	80	8.00	57	8.00	90	18.00
	Main Landing Page	United Kingdom	85	79.00	90	9.00	79	11.00	85	17.00
	Main Landing Page	United Kingdom	54	50.00	70	7.00	43	6.00	70	14.00
https://facebook.com/	Main Landing Page	United Kingdom	59	55.00	70	7.00	43	6.00	65	13.00
	Main Landing Page	United Kingdom	69	64.00	90	9.00	57	8.00	60	12.00
	Main Landing Page	United Kingdom	53	49.00	60	6.00	57	8.00	50	10.00
https://instagram.com/	Main Landing Page	United Kingdom	66	61.00	80	8.00	64	9.00	65	13.00
	Main Landing Page	United Kingdom	62	58.00	50	5.00	79	11.00	55	11.00
	Main Landing Page	United Kingdom	60	56.00	90	9.00	64	9.00	60	12.00
https://facebook.com/	Main Landing Page	United States	73	68.00	80	8.00	86	12.00	55	11.00
	Main Landing Page	United Kingdom	75	70.00	90	9.00	71	10.00	65	13.00
	Main Landing Page	United Kingdom	87	81.00	90	9.00	93	13.00	70	14.00
https://instagram.com/	Main Landing Page	United Kingdom	73	68.00	80	8.00	50	7.00	75	15.00
	Main Landing Page	United Kingdom	80	74.00	90	9.00	86	12.00	90	18.00
	Main Landing Page	United Kingdom	51	44.00	64	7.00	43	6.00	38	6.00
http://instagram.com/	Main Landing Page	United Kingdom	69	59.00	64	7.00	71	10.00	63	10.00
	Main Landing Page	United Kingdom	66	57.00	91	10.00	50	7.00	63	10.00

Qualifying Performance Score %	Qualifying Performance Score - Actual	Race Performance Score %	Race Performance Score - Actual	Funding Score %	Funding Score - Actual	Mental Patterns Score %	Mental Patterns Score - Actual	What circuit did you race at this weekend?	What category did you race in?
35	6.00	46	11.00	38	3.00	25	3.00	Hampton downs	Club racing 250 cc
65	11.00	54	13.00	50	4.00	58	7.00	Castle Combe	Formula 400
59	10.00	67	16.00	75	6.00	58	7.00	Oulton park	British superstock
65	11.00	71	17.00	63	5.00	83	10.00	One Raceway	Oceania
65	11.00	71	17.00	50	4.00	67	8.00	Oulton park	Sportbike
59	10.00	71	17.00	75	6.00	67	8.00	One raceway	R3
								Estoril	R3
71	12.00	75	18.00	88	7.00	92	11.00	Oulton park	Supersport
71	12.00	71	17.00	88	7.00	67	8.00	One Raceway	OCEANIA JUNIOR CUP
88	15.00	67	16.00	88	7.00	42	5.00	One Raceway (Wakefield park)	Oceania junior cup, Asia Pacific R3 BluCru cup
65	11.00	67	16.00	63	5.00	50	6.00	One raceway	Oceania junior cup
41	7.00	54	13.00	50	4.00	58	7.00	Brands Hatch	Rookie 600
								Donington	Sportbike
76	13.00	67	16.00	75	6.00	67	8.00	Oulton park	Powerbike cup
71	12.00	83	20.00	75	6.00	75	9.00	Donington park	Sportbike
47	8.00	71	17.00	75	6.00	58	7.00	Phillip island	Sep300
76	13.00	75	18.00	75	6.00	83	10.00	Circuit Of The Americas	Stock 1000
41	7.00	71	17.00	50	4.00	75	9.00	Cota	MotoAmerica's talent cup
76	13.00	88	21.00	63	5.00	83	10.00	Oulton Park	cb500
65	11.00	75	18.00	50	4.00	67	8.00	Donington	Clubman 600
59	10.00	79	19.00	75	6.00	75	9.00	Oulton park	Premier1000
82	14.00	83	20.00	75	6.00	83	10.00	Donington park	Superteens
88	15.00	54	13.00	38	3.00	58	7.00	Phillip island	Asbk 600cc supersoort
71	12.00	75	18.00	50	4.00	83	10.00	Donington park	F900
94	16.00	54	13.00	50	4.00	42	5.00	Phillip Island	ASBK Supersport 600cc
82	14.00	100	24.00	75	6.00	92	11.00	Phillip island	300
41	7.00	58	14.00	63	5.00	42	5.00	Donnington Park	Kawasaki British Superteens
65	11.00	63	15.00	38	3.00	50	6.00	Three sisters	125
35	6.00	42	10.00	50	4.00	58	7.00	Pannonia	STK600
88	15.00	67	16.00	75	6.00	100	12.00	Donington park	Bsb sportbike cup
88	15.00	58	14.00	50	4.00	75	9.00	Phillip Island	600cc
59	10.00	67	16.00	63	5.00	83	10.00	Smsp	600s
71	12.00	58	14.00	75	6.00	67	8.00	Snetterton	Yamaha Past Masters
88	15.00	88	21.00	88	7.00	92	11.00	Snetterton	600s
47	8.00	63	15.00	63	5.00	58	7.00	Taupo	Pre82 Senior
71	12.00	67	16.00	63	5.00	50	6.00	Cadwell Park	Pi 600
88	15.00	83	20.00	100	4.00	83	10.00	Mid Ohio	MotoAmerica Stock 1000
53	9.00	88	21.00	50	2.00	75	9.00	Mid Ohio	Supersport
76	13.00	67	16.00	100	4.00	92	11.00	Burt Brothers Motorsports - East	Middleweight
65	11.00	69	25.00	75	3.00	0	0.00	Thruxton	National Sportbike
53	9.00	61	22.00	75	3.00	0	0.00	Thruxton	British Talent Cup
71	12.00	64	23.00	50	2.00	0	0.00	Thruxton	Stocker
71	12.00	83	30.00	25	1.00	0	0.00	Thruxton	F900 bsb
53	9.00	82	23.00					Brands Hatch	BMW F900R cup
71	12.00	71	20.00					Anglesey	600 & Open
76	13.00	79	22.00					Donnington Park	BMW F900 CUP
47	8.00	68	19.00					Laguna seca	Superbike cup
65	11.00	82	23.00					Cadwell park	MRO 600
71	12.00	75	21.00					Knockhill	Supersport
71	12.00	64	18.00					Donington	Ducati Challenge
59	10.00	54	15.00					Knockhill	Stock 1000
53	9.00	89	25.00					Cadwell Park	ACU Team Green Junior Cup
65	11.00	61	17.00					Cadwell park	Mro600
47	8.00	75	21.00					Cadwell Park	Bemsee mro 600
65	11.00	68	19.00					Cadwell park	Powerbikes
65	11.00	64	18.00					Knock hill	Super sport
47	8.00	57	16.00					Anglesey	600 clubman and the open
71	12.00	68	19.00					Anglesey circuit	Clubman 600
76	13.00	79	22.00					Donnington Park GP	Cup 600
71	12.00	71	20.00					Snetterton	BMW F900r Cup
47	8.00	71	20.00					Donnington park	Newcomer 600
53	9.00	64	18.00					Donington park GP	Pirelli super series 600
76	13.00	93	26.00					donnington	endurance
59	10.00	57	16.00					Donington GP	Club 600
88	15.00	89	25.00					Snetterton	Superteens BSB
76	13.00	86	24.00					Snetterton	F900R Cup
71	12.00	79	22.00					Snetterton	Superteens
53	9.00	57	16.00					Snetterton	Superstock 1000
88	15.00	93	26.00					Snetterton	British talent cup
65	11.00	79	22.00					Snetterton	Bennets British Superbikes
59	10.00	61	17.00					Snetterton 300	British talent cup
65	11.00	82	23.00					Morgan Park	SSP 600.00
88	15.00	75	21.00					Burton brother motor sport	Lightway
82	14.00	75	21.00					Utah Motorsports Campus - East	Middleweight
76	13.00	82	23.00					Burt bros Motorsport UTAH	Novice
76	13.00	89	25.00					Burt bros Motorsports East track	Novice
47	8.00	71	20.00					Utah Motorsports Campus	12 classes
47	8.00	68	19.00					Utah motorsports complex- Burt Brothers Mot	Expert middleweight
53	9.00	57	16.00					Utah Motorsports Campus	Sportsman
47	8.00	64	18.00					Utah Motorsports Campus	Middleweight and Open
59	10.00	71	20.00					morgan park	SBK
65	11.00	68	19.00					Croft	Superwin
88	15.00	89	25.00					Croft	Pi600 and 1000 cup
71	12.00	75	21.00					Pembrey	Powerbike and open
53	9.00	89	25.00					Croft	Cup 1000
88	15.00	79	22.00					Croft	1000 Pirelli super series
35	6.00	68	19.00					Croft	1000 cup
71	12.00	75	21.00					Croft	1000 newcomer
41	7.00	61	17.00					Croft	Cup 1000
76	13.00	89	25.00					Donington	Clubman 600
41	7.00	50	14.00					Pembrey	Powerbikes and the open
53	9.00	68	19.00					Croft	Cb500
59	10.00	79	22.00					Croft	Premier 1000
53	9.00	54	15.00					Croft	Newcomer 1000
53	9.00	68	19.00					Croft	CB500 Newcomer
53	9.00	71	20.00					Croft	Streetbike Cup
47	8.00	57	16.00					Croft	NLR - Cup 600
82	14.00	71	20.00					Road America	Stock 1000
71	12.00	86	24.00					Croft	Streetbike cup
88	15.00	96	27.00					Croft	Standard twins
82	14.00	75	21.00					Croft	Cup 600
53	9.00	86	24.00					Silverstone	British talent cup
59	10.00	54	15.00					Donnington park	Rookie 1000
65	11.00	75	21.00					Silverstone GP	British talent cup
76	13.00	61	17.00					Silverstone	Superstock

On a scale of 1-4, how much were you looking forward to this event?	Did you set a goal for the overall weekend?	Did you achieve that goal?	How much fun did you have?	How satisfied are you with your overall performance?	Do you have a pre-session routine you complete before going out on track?
Quite a bit	Yes	No	A bit of fun	Slightly satisfied	No
A little	Yes	No	Pretty fun	Not at all satisfied	No
Not at all	No	Yes	Pretty fun	Mostly satisfied	Occasionally
Extremely	Yes	Yes	Absolutely loved it	Extremely satisfied	Yes
A little	Yes	No	Pretty fun	Not at all satisfied	Occasionally
Quite a bit	Yes	Partly	Pretty fun	Slightly satisfied	Yes
Quite a bit					
Extremely	Yes	Partly	Pretty fun	Mostly satisfied	Yes
Extremely	Yes	Partly	Pretty fun	Slightly satisfied	Occasionally
Quite a bit	Yes	Partly	A bit of fun	Mostly satisfied	No
Quite a bit	Yes	No	A bit of fun	Not at all satisfied	Yes
Extremely	Yes	Yes	Absolutely loved it	Slightly satisfied	Yes
Extremely	Yes	Yes	Absolutely loved it	Mostly satisfied	Yes
Quite a bit	Yes	Yes	Absolutely loved it	Mostly satisfied	No
A little	Yes	No	A bit of fun	Slightly satisfied	Yes
Quite a bit	No	No	Pretty fun	Mostly satisfied	No
Extremely	Yes	Partly	Absolutely loved it	Extremely satisfied	Yes
A little	Yes	Yes	A bit of fun	Slightly satisfied	Yes
Extremely	Yes	Yes	Absolutely loved it	Mostly satisfied	Yes
Quite a bit	Yes	No	Pretty fun	Slightly satisfied	Occasionally
Extremely	No	Partly	Pretty fun	Extremely satisfied	No
Extremely	Yes	Yes	Pretty fun	Mostly satisfied	Yes
Quite a bit	Yes	No	Pretty fun	Slightly satisfied	No
Extremely	No	No	Pretty fun	Mostly satisfied	Yes
Quite a bit	Yes	No	Pretty fun	Slightly satisfied	No
Extremely	Yes	Partly	Absolutely loved it	Mostly satisfied	Yes
Quite a bit	Yes	No	A bit of fun	Not at all satisfied	Yes
Quite a bit	Yes	No	Pretty fun	Slightly satisfied	Yes
Quite a bit	Yes	Partly	A bit of fun	Slightly satisfied	Occasionally
Extremely	Yes	Partly	Absolutely loved it	Mostly satisfied	Yes
Quite a bit	Yes	No	Pretty fun	Slightly satisfied	No
A little	No	Partly	Pretty fun	Slightly satisfied	Yes
Extremely	Yes	No	A bit of fun	Not at all satisfied	Occasionally
Extremely	No	No	Absolutely loved it	Extremely satisfied	Yes
Extremely	Yes	No	Absolutely loved it	Slightly satisfied	Occasionally
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Extremely	Yes	Yes	Absolutely loved it	Extremely satisfied	Yes
A little	Yes	Partly	Pretty fun	Mostly satisfied	Yes
Extremely	Yes	Partly	Pretty fun	Mostly satisfied	Yes
Quite a bit	Yes	No	A bit of fun	Slightly satisfied	Yes
Extremely	Yes	No	Pretty fun	Not at all satisfied	Yes
Quite a bit	Yes	Partly	Pretty fun	Slightly satisfied	Yes
Extremely	Yes	Partly	Absolutely loved it	Mostly satisfied	No
Extremely	Yes	No			Occasionally
Extremely	Yes	Yes			Occasionally
Extremely	Yes	Partly			Occasionally
Quite a bit	Yes	No			No
Quite a bit	No	Partly			No
Extremely	Yes	Yes			Yes
Quite a bit	Yes	No			No
Quite a bit	Yes	No			Occasionally
Quite a bit	Yes	Yes			Occasionally
Extremely	Yes	Yes			No
A little	No	No			Yes
A little	Yes	No			Yes
Quite a bit	Yes	Partly			Yes
Quite a bit	Yes	No			No
Quite a bit	Yes	Yes			No
Extremely	Yes	Yes			Yes
Quite a bit	Yes	Yes			No
Quite a bit	Yes	Yes			Yes
Extremely	Yes	Yes			Occasionally
Extremely	Yes	Partly			Yes
Extremely	Yes	Yes			Yes
Extremely	Yes	Yes			Yes
Extremely	Yes	Partly			Yes
Quite a bit	Yes	No			Occasionally
Extremely	Yes	Yes			Yes
Quite a bit	Yes	No			Yes
Quite a bit	Yes	No			Occasionally
Extremely	Yes	No			Occasionally
A little	Yes	Partly			Yes
A little	Yes	Yes			Yes
A little	Yes	Yes			Occasionally
Quite a bit	Yes	Yes			Yes
Extremely	Yes	Yes			Yes
Quite a bit	No	Yes			Yes
Quite a bit	Yes	No			No
Extremely	Yes	Yes			Occasionally
A little	Yes	No			No
Not at all	Yes	No			Yes
Quite a bit	Yes	Yes			Occasionally
Extremely	Yes	Partly			Occasionally
Quite a bit	No	Yes			No
A little	Yes	Yes			No
Quite a bit	Yes	Yes			Yes
A little	No	No			No
Quite a bit	Yes	Partly			Occasionally
Quite a bit	Yes	Yes			Yes
Extremely	Yes	Yes			Yes
Quite a bit	Yes	Partly			No
Quite a bit	Yes	No			No
Extremely	Yes	Yes			No
Quite a bit	No	Partly			No
Extremely	No	Yes			Yes
Not at all	Yes	No			Yes
Extremely	Yes	Yes			Occasionally
Extremely	Yes	Yes			Yes
Extremely	Yes	No			No
Extremely	Yes	Partly			Yes
Quite a bit	Yes	Partly			No
Extremely	Yes	No			No
Extremely	Yes	No			Yes
Extremely	No	No			No
	No	No			Yes
	No	Yes			No

What does your routine entail?	What amount of sleep do you typically get at a race weekend?	How would you rate your food and hydration levels before each session across the weekend?
Just breathe deeply and go ahead with the race	6 - 7 hours	Fair
Checking bike over and generally getting kit in to go	7 - 8 hours	Poor
Headphones on, go through the track in my head, chill	6 - 7 hours	Fair
30min out get organised, check gear , leathers on , 15min , ear plugs , helmet, gloves on , sit down, breathing exercises , calm myself , relook at track map and notes. Then sit on bike visualise track	7 - 8 hours	Good
Stretching	6 - 7 hours	Fair
stretch	8 hours Plus	Good
stretching and before every race i make cross on my chest	6 - 7 hours	Good
Stretching, eating and drinking right , light jog	8 hours Plus	Good
Few stretches and visualise the perfect lap	6 - 7 hours	Poor
10 minutes sit and think about where i can improve and get helmet/gloves on 5 minutes start bike and continue thinking 2 minutes tyre warmers off and get ready to race	7 - 8 hours	Good
Tyre pressure check, Petrol check	6 - 7 hours	Good
Running on the spot press up leg swings squats lunges and stretching	7 - 8 hours	Fair
Watch some videos of the track and try visualize it	6 hours or less	Fair
Reading over my track map 25 min warm up with music to get in the zone on the start grid i zone in to what my legs and hands are feeling the sensation i feel in that very moment	7 - 8 hours	Good
Don't have one	7 - 8 hours	Good
Streching for 10-15 minutes, check tire pressures and temp, hydrate, couple of minutes to relax before session as im suited up	8 hours Plus	Good
Get my under suit on put music on than push up and jumping jacks than put my gear on and than sit down and pray and do as and look at a track map	6 - 7 hours	Good
bike checks and a few stretches	7 - 8 hours	Good
A few stretches	6 hours or less	Fair
No routine	6 - 7 hours	Good
Stretches and music	7 - 8 hours	Excellent
Warm up stretching and jump Rope	6 - 7 hours	Fair
Stretching and skipping	7 - 8 hours	Fair
Morning skipping stretching and then just ride	6 - 7 hours	Fair
Go to toilet warm up get dressed sit and listen to music all this while not talking to anyone to settle and focus on the task	8 hours Plus	Good
Having time to myself, stretching, being by myself, studying my track maps.	7 - 8 hours	Poor
Tyre temp check,relaxation	6 - 7 hours	Good
The one from your course Keys To Performance	7 - 8 hours	Good
Stretching and reaction training. Then music to focus	8 hours Plus	Excellent
I try to relax and breath before Sessions, also in the mornings i will warm up with some jump rope.	7 - 8 hours	Fair
Many things	6 hours or less	Excellent
Check the bike. Ensure i am hydrated and not hungry. Make sure we can identify when i need to leave and i know my grid slot and who is around me. A little bit of music and think about what i am going to do.sure	7 - 8 hours	Fair
Stretching	7 - 8 hours	Good
Bike preparation , Stretching	6 hours or less	Fair
Check everything is checked and stretch	7 - 8 hours	Fair
Warming up my body, stretches for my injuries and prevention, dressing alone in my trailer, sitting with my crew outside waiting for the call to go out just sipping water. Then go time, grab the bike from crew, do a couple of th	Excellent	Excellent
Getting ready in a quiet place with plenty of time so i'm not rushed and it helps calm my nerves	Good	Good
Review track map and get body warmed up/stretching	Good	Excellent
I have a stretching routine i go through whilst i have headphones in. Bit of juggling/reaction stuff with tennis balls. I take a gel and some electrolytes after i get my leathers on.	Good	Good
Stretches	Good	Good
Skipping and stretching	Good	Good
Just getting ready and chilling, and going through a lap in my head.	Poor	Good
Fluids and motivational music	Fair	Good
Try to settle before heading out, relax and not get too nervous. I am conscious i don't have a process and feel like i wing it!	Good	Fair
Stretching	Fair	Fair
Nothing	Fair	Fair
Hydration and stretching.	Excellent	Good
Skipping then some stretching lazy 8s then visualisation then reaction game	Good	Good
I don't have a routine.	Fair	Fair
Listen to music and chill out	Good	Good
I stretch. Mostly i stretch my back. I lie on the ground flat and sometimes do some abdominal crunches. When i'm in my levers i stretch to touch my boots and do squats	Good	Good
No routine. I like to have my music to keep me focused	Good	Good
Stretching the whole body, starting with legs then back shoulders and neck	Poor	Good
Making sure bikes ready, drinks ready, everything's cleaned there's a big list of stuff really	Fair	Good
When getting changed i listen to music and stretch	Good	Fair
It doesn't entail anything, just get ready and go out	Fair	Fair
Usually drink and sit quietly for a few minutes	Fair	Fair
Yoga for 10-15 minutes, kit on 20/30 minutes prior to session. Chill out normally on my own and be sipping on water to stay hydrated.	Excellent	Excellent
Leathers 30 mins before, visualise the race	Fair	Poor
20 mins prior to racing/riding i will put gear on apart from helmet and gloves. I will then listen to my music of choice. 5 mins before going out i put my helmet and gloves on. Then i head for the track	Good	Good
Putting my leathers on whilst the race before is out, checking tyre pressures and warming up the bike. Putting my helmet and gloves on when the previous race has 2 laps left and going down to the holding area when the me	Poor	Fair
always put left boots and gloves on first and get on the bike from the left side	Fair	Good
I only really tend to stretch my limbs	Fair	Good
Keep hydrated , do my stretches and speak to my rider coach	Excellent	Excellent
Some stretches before i get into my suit to make sure i'm all ready and have a quiet moment with myself to get into the zone	Good	Good
Reaction time and skipping	Good	Good
Listening to certain music, a slow warmup, a talk to myself	Poor	Fair
Just stretching and some warm ups to get my body loose	Excellent	Excellent
Upper back and arm stretch & full legs stretch up to 30 min	Good	Good
Stretch and cycling	Fair	Fair
I leave the pit 10 minutes before a session. I wore my arms and legs and stretch my suit up on the front of the truck for five minutes. Getting my head in to a better space. I come back into the pits and then for that five minute	Fair	Poor
Don't have a routine	Fair	Good
Review notes, check tire pressures, etc	Excellent	Good
Identify turns i can negotiate thru quicker whether it's the line i'm taking, braking point, exit, etc and visualize a faster method	Poor	Good
For riding only, i identify areas of track that i am using too much time to negotiate whether it's braking, improving my track position (closer to apex paint, late apex, shorter/faster line), can i carry more speed and less brakes t	Poor	Good
Essential how i set up pit, follow calls and get on track	Good	Good
Stretching staying calm, ignoring all other things and trying to stay focused on my goal	Good	Fair
Look over the bike, breathe, read a Bible verse if i'm feeling nervous. Try and relax as much as possible	Poor	Good
Don't have a set one outside of checking pressure	Fair	Fair
musius look at data	Fair	Good
I do some stretches to loosen up and get my body ready for racing. Also make sure i have loaded up on supplements and have the correct nutrition and hydration before the session	Good	Good
Mind set and a sleep etc relaxation	Excellent	Fair
Get on the bike and ride it	Fair	Poor
I dont have one, maybe a stretch to touch my toes a few times before i put my leathers on that's it	Good	Fair
Yoga, often a shower and some light cardio- and ensuring i am well hydrated	Good	Excellent
Na	Poor	Good
Stretching	Poor	Fair
Bike checks, gear on then relax/ clam down and hydrate	Poor	Good
Stretching and focusing my mind set	Good	Good
Getting ready to ride kit on and drink water energy drink sugar free	Poor	Good
Get on and ride	Fair	Poor
Somes stretching	Fair	Good
I don't have one	Poor	Good
Stretching and bedding in on the bike	Fair	Good
Physical warm up and stretching, metal focus, box breathing, hydrate , podium juice. Energy gels	Fair	Excellent
Approx 30 mins before a session is due to start i change into riding gear. I go through a series of stretches and mobility movements to settle into my leathers. While going through that i do some visualisation, either based off	Fair	Good
Stretching and mentally reviewing a lap	Good	Excellent
I'm a smoker and i drink alot of coffee ☕	Excellent	Good
Relaxing and focusing on the job ahead	Good	Excellent
Nothing	Fair	Fair
I usually do a warmup before i get into my leathers and then once i'm in my leathers before i go out i look at my track map from the notes that i made so i can make the adjustments in the next session	Excellent	Good
Don't have a routine		
Go for a poo, stretch, put my leathers on, before i put my boots on i put on my special socks. Then usually sit focusing quietly about the session		
N/A		

How would you rate your ability to stay relaxed on the bike during FP?	How often do you just get up to speed when the chequered flag comes out and run out of laps?	How often do you tend to hit a lap time and plateau – struggling to break through to a faster time?	How much does your performance change under qualifying pressure?
Occasionally relaxed	Occasionally	Often	Significant decline
Very Tight	Never, I get up to speed early	Often	I perform better
Very Tight	Often	Occasionally	No difference
Mostly relaxed	Occasionally	Occasionally	No difference
Mostly relaxed	Never, I get up to speed early	Often	I perform better
Occasionally relaxed	Occasionally	Occasionally	Slight performance drop
Mostly relaxed	Occasionally	Occasionally	No difference
Occasionally relaxed	Often	Often	I perform better
Mostly relaxed	Never, I get up to speed early	Occasionally	I perform better
Mostly relaxed	Often	Occasionally	I perform better
Occasionally relaxed	Every time	Every time	Slight performance drop
Mostly relaxed	Often	Often	
Occasionally relaxed	Occasionally	Occasionally	No difference
Occasionally relaxed	Occasionally	Often	I perform better
Very Tight	Often	Often	Slight performance drop
Mostly relaxed	Occasionally	Often	I perform better
Mostly relaxed	Occasionally	Often	Slight performance drop
Mostly relaxed	Occasionally	Occasionally	No difference
Mostly relaxed	Often	Often	I perform better
Mostly relaxed	Occasionally	Often	No difference
Loose & Relaxed	Occasionally	Occasionally	No difference
Mostly relaxed	Often	Occasionally	I perform better
Loose & Relaxed	Occasionally	Often	I perform better
Occasionally relaxed	Every time	Never	I perform better
Loose & Relaxed	Never, I get up to speed early	Occasionally	No difference
Occasionally relaxed	Occasionally	Every time	Significant decline
Mostly relaxed	Occasionally	Often	Slight performance drop
Very Tight	Often	Every time	Significant decline
Mostly relaxed	Occasionally	Never	I perform better
Occasionally relaxed	Often	Occasionally	I perform better
Loose & Relaxed	Never, I get up to speed early	Every time	No difference
Occasionally relaxed	Occasionally	Often	Slight performance drop
Mostly relaxed	Never, I get up to speed early	Occasionally	No difference
Mostly relaxed	Often	Often	Slight performance drop
Mostly relaxed	Often	Occasionally	Slight performance drop
Mostly relaxed	Not at all - I rode freely and found my pace naturally		No difference
Occasionally relaxed	Significantly - pressure prevented me from riding my best		No difference
Mostly relaxed	Slightly - took a couple laps to settle into rhythm		No difference
Occasionally relaxed	Slightly - took a couple laps to settle into rhythm		I perform better
Mostly relaxed	Not at all - I rode freely and found my pace naturally		No difference
Mostly relaxed	Slightly - took a couple laps to settle into rhythm		No difference
Mostly relaxed	Slightly - took a couple laps to settle into rhythm		I perform better
Occasionally relaxed			Crystal clear
Occasionally relaxed			Crystal clear
Occasionally relaxed			Clear Goal
Very Tight			Vauge
Occasionally relaxed			Vauge
Loose & Relaxed			Clear Goal
Occasionally relaxed			Clear Goal
Mostly relaxed			Clear Goal
Occasionally relaxed			Vauge
Occasionally relaxed			Clear Goal
Occasionally relaxed			Vauge
Mostly relaxed			Clear Goal
Mostly relaxed			Vauge
Occasionally relaxed			Vauge
Occasionally relaxed			Clear Goal
Mostly relaxed			Not Clear
Very Tight			Crystal clear
Loose & Relaxed			Clear Goal
Occasionally relaxed			Vauge
Mostly relaxed			Crystal clear
Very Tight			Clear Goal
Mostly relaxed			Crystal clear
Mostly relaxed			Crystal clear
Loose & Relaxed			Clear Goal
Mostly relaxed			Clear Goal
Loose & Relaxed			Clear Goal
Loose & Relaxed			Clear Goal
Very Tight			Crystal clear
Very Tight			Clear Goal
Very Tight			Crystal clear
Loose & Relaxed			Clear Goal
Mostly relaxed			Clear Goal
Occasionally relaxed			Clear Goal
Occasionally relaxed			Clear Goal
Occasionally relaxed			Clear Goal
Occasionally relaxed			Vauge
Occasionally relaxed			Vauge
Occasionally relaxed			Vauge
Occasionally relaxed			Clear Goal
Occasionally relaxed			Clear Goal
Mostly relaxed			Crystal clear
Occasionally relaxed			Vauge
Loose & Relaxed			Vauge
Mostly relaxed			Clear Goal
Very Tight			Vauge
Mostly relaxed			Crystal clear
Loose & Relaxed			Clear Goal
Mostly relaxed			Crystal clear
Occasionally relaxed			Vauge
Mostly relaxed			Vauge
Very Tight			Clear Goal
Occasionally relaxed			Clear Goal
Occasionally relaxed			Vauge
Occasionally relaxed			Clear Goal
Occasionally relaxed			Vauge
Occasionally relaxed			Crystal clear
Loose & Relaxed			Crystal clear
Mostly relaxed			Crystal clear
Occasionally relaxed			Clear Goal
Loose & Relaxed			

How would you rate your level of overthinking in qual?	How would you rate your performance in qualifying overall?	Did you achieve your qualifying goal?	How would you rate your nerves or anxiety before the race?	How would you rate your race starts?	How would you rate your assertiveness in wheel-to-wheel situations?
Constantly overthinking	Below average	No	Very high	Solid	Poor
Often distracted	Below average	Yes	Very high	Below average	Below average
Often distracted	Below average	No	Low	Solid	Below average
Mostly clear-headed	Below average	No	Noticeable	Solid	Solid
Mostly clear-headed	Below average	No	Low	Solid	Solid
Mostly clear-headed	Below average	No	Low	Solid	Solid
Mostly clear-headed	Solid	No	Noticeable	Strong	Solid
Mostly clear-headed	Solid	No	Noticeable	Solid	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Solid	Below average
Constantly overthinking	Solid	No	Very high	Below average	Solid
Often distracted	Below average	No	Very high	Solid	Poor
Mostly clear-headed	Solid	Yes	Noticeable	Strong	Below average
Mostly clear-headed	Below average	Yes	Very high	Strong	Strong
Often distracted	Below average	No	Noticeable	Strong	Solid
Mostly clear-headed	Solid	Yes	Noticeable	Below average	Solid
Often distracted	Poor	No	Noticeable	Below average	Solid
Mostly clear-headed	Solid	Yes	Low	Solid	Strong
Mostly clear-headed	Below average	No	Low	Solid	Solid
Mostly clear-headed	Below average	No	Low	Below average	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Solid	Strong
Mostly clear-headed	Strong	Yes	Noticeable	Poor	Poor
Mostly clear-headed	Solid	No	Noticeable	Solid	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Below average	Poor
Completely focused	Solid	Yes	None at all	Strong	Strong
Mostly clear-headed	Below average	No	Noticeable	Solid	Solid
Completely focused	Solid	No	Noticeable	Solid	Below average
Often distracted	Below average	No	Very high	Below average	Below average
Mostly clear-headed	Solid	Yes	Noticeable	Poor	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Below average	Poor
Mostly clear-headed	Solid	No	Noticeable	Below average	Solid
Completely focused	Solid	Yes	Very high	Poor	Solid
Completely focused	Strong	Yes	Low	Solid	Strong
Often distracted	Below average	No	Low	Below average	Below average
Mostly clear-headed	Solid	Yes	Noticeable	Poor	Solid
Mostly clear-headed	Strong	Yes	Low	Solid	Solid
Often distracted	Below average	No	Noticeable	Strong	Strong
Mostly clear-headed	Solid	Yes	Low	Below average	Below average
Mostly clear-headed	Poor	No	Noticeable	Below average	Solid
Often distracted	Below average	No	Very high	Poor	Solid
Often distracted	Solid	Yes	Low	Below average	Below average
Mostly clear-headed	Below average	No	Low	Below average	Strong
Constantly overthinking	Below average	No	Low	Solid	Solid
Often distracted	Solid	Yes	Noticeable	Solid	Solid
Mostly clear-headed	Solid	Yes	Low	Solid	Solid
Constantly overthinking	Below average	No	Noticeable	Solid	Solid
Completely focused	Below average	No	Low	Solid	Solid
Mostly clear-headed	Solid	No	Low	Solid	Solid
Mostly clear-headed	Solid	Yes	Low	Below average	Below average
Often distracted	Below average	Yes	Noticeable	Poor	Below average
Mostly clear-headed	Below average	No	Noticeable	Solid	Strong
Mostly clear-headed	Below average	Yes	Noticeable	Poor	Poor
Constantly overthinking	Below average	No	None at all	Solid	Solid
Constantly overthinking	Solid	Yes	Noticeable	Poor	Solid
Mostly clear-headed	Solid	No	Low	Below average	Below average
Often distracted	Below average	Yes	Noticeable	Below average	Solid
Mostly clear-headed	Below average	Yes	Noticeable	Solid	Solid
Completely focused	Solid	Yes	Noticeable	Strong	Solid
Mostly clear-headed	Below average	No	Very high	Strong	Solid
Constantly overthinking	Below average	Yes	Very high	Strong	Strong
Mostly clear-headed	Below average	No	Very high	Solid	Below average
Completely focused	Solid	Yes	Low	Solid	Strong
Often distracted	Solid	Yes	Noticeable	Below average	Below average
Mostly clear-headed	Solid	Yes	Low	Below average	Strong
Mostly clear-headed	Solid	No	Low	Below average	Solid
Mostly clear-headed	Solid	Yes	Low	Below average	Solid
Often distracted	Below average	No	Low	Solid	Solid
Completely focused	Strong	Yes	Low	Strong	Solid
Mostly clear-headed	Poor	No	Noticeable	Solid	Solid
Often distracted	Below average	No	Noticeable	Below average	Below average
Mostly clear-headed	Poor	No	None at all	Strong	Solid
Completely focused	Solid	Yes	None at all	Poor	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Below average	Solid
Mostly clear-headed	Solid	Yes	Low	Solid	Solid
Mostly clear-headed	Solid	Yes	None at all	Solid	Strong
Constantly overthinking	Below average	No	Noticeable	Solid	Below average
Mostly clear-headed	Below average	No	Noticeable	Solid	Solid
Often distracted	Below average	Yes	Very high	Poor	Solid
Often distracted	Below average	No	Low	Poor	Solid
Mostly clear-headed	Below average	No	Low	Solid	Solid
Mostly clear-headed	Below average	Yes	Low	Below average	Solid
Mostly clear-headed	Strong	Yes	Noticeable	Strong	Strong
Mostly clear-headed	Solid	No	Low	Strong	Solid
Constantly overthinking	Solid	Yes	Very high	Strong	Strong
Completely focused	Strong	Yes	Noticeable	Strong	Solid
Constantly overthinking	Below average	No	Very high	Solid	Solid
Mostly clear-headed	Below average	No	Low	Solid	Solid
Constantly overthinking	Below average	No	Very high	Solid	Below average
Mostly clear-headed	Solid	No	Very high	Strong	Strong
Constantly overthinking	Below average	No	Low	Below average	Poor
Mostly clear-headed	Below average	No	Noticeable	Solid	Below average
Constantly overthinking	Solid	Yes	Noticeable	Strong	Strong
Mostly clear-headed	Below average	No	Noticeable	Below average	Below average
Often distracted	Below average	Yes	Noticeable	Solid	Below average
Often distracted	Below average	No	Noticeable	Below average	Solid
Often distracted	Below average	Yes	Noticeable	Below average	Below average
Mostly clear-headed	Solid	Yes	Noticeable	Below average	Solid
Mostly clear-headed	Solid	No	Low	Strong	Solid
Completely focused	Solid	Yes	None at all	Solid	Strong
Mostly clear-headed	Solid	Yes	Noticeable	Solid	Solid
Mostly clear-headed	Poor	No	Noticeable	Strong	Solid
		Yes			
		No			
		Yes			

When you make a mistake during a race, how long does it affect you?	During close racing, how clear is your decision making?	How locked-in was your focus during the race?	How often does your inner voice create doubt during sessions?	When championship points or positions are at stake, how does your riding change?
Affects me for several laps	Often confused and reactive	Mostly focused	Constantly - can't shut it off	Significant performance decline
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Regularly throughout sessions	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Regularly throughout sessions	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Fully locked-in	Occasionally during pressure	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Occasionally during pressure	I perform better
Affects me for several laps	Clear but requires effort	Mostly focused	Occasionally during pressure	Slight performance drop
Bothers me for next few corners	Clear but requires effort	Mostly focused	Occasionally during pressure	I perform better
Bothers me for next few corners	Clear but requires effort	Mostly focused	Never - I don't hear it on the bike	No difference in performance
Reset immediately	Sometimes hesitant	Mostly focused	Regularly throughout sessions	Slight performance drop
Reset immediately	Clear but requires effort	Mostly focused	Occasionally during pressure	Slight performance drop
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Regularly throughout sessions	Slight performance drop
Affects me for several laps	Sometimes hesitant	Fully locked-in	Never - I don't hear it on the bike	No difference in performance
Bothers me for next few corners	Crystal clear and instinctive	Fully locked-in	Occasionally during pressure	I perform better
Reset immediately	Sometimes hesitant	Occasionally focused	Constantly - can't shut it off	I perform better
Reset immediately	Clear but requires effort	Fully locked-in	Occasionally during pressure	No difference in performance
Bothers me for next few corners	Crystal clear and instinctive	Mostly focused	Occasionally during pressure	No difference in performance
Reset immediately	Crystal clear and instinctive	Mostly focused	Occasionally during pressure	No difference in performance
Reset immediately	Sometimes hesitant	Mostly focused	Occasionally during pressure	Slight performance drop
Reset immediately	Crystal clear and instinctive	Mostly focused	Never - I don't hear it on the bike	No difference in performance
Bothers me for next few corners	Crystal clear and instinctive	Fully locked-in	Occasionally during pressure	No difference in performance
Bothers me for next few corners	Clear but requires effort	Mostly focused	Occasionally during pressure	No difference in performance
Bothers me for next few corners	Clear but requires effort	Fully locked-in	Occasionally during pressure	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Regularly throughout sessions	Slight performance drop
Reset immediately	Crystal clear and instinctive	Fully locked-in	Never - I don't hear it on the bike	No difference in performance
Destroys the entire race	Clear but requires effort	Occasionally focused	Constantly - can't shut it off	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Mostly focused	Occasionally during pressure	Significant performance decline
Affects me for several laps	Often confused and reactive	Occasionally focused	Regularly throughout sessions	No difference in performance
Bothers me for next few corners	Crystal clear and instinctive	Mostly focused	Never - I don't hear it on the bike	I perform better
Bothers me for next few corners	Clear but requires effort	Mostly focused	Regularly throughout sessions	I perform better
Bothers me for next few corners	Clear but requires effort	Mostly focused	Occasionally during pressure	No difference in performance
Destroys the entire race	Crystal clear and instinctive	Fully locked-in	Never - I don't hear it on the bike	No difference in performance
Bothers me for next few corners	Crystal clear and instinctive	Fully locked-in	Never - I don't hear it on the bike	No difference in performance
Bothers me for next few corners	Clear but requires effort	Occasionally focused	Regularly throughout sessions	No difference in performance
Reset immediately	Clear but requires effort	Mostly focused	Occasionally during pressure	Slight performance drop
Reset immediately	Clear but requires thought	Fully locked-in	Occasionally during pressure	No difference in performance
Reset immediately	Clear but requires thought	Fully locked-in	Regularly throughout sessions	No difference in performance
Bothers me for next few corners	Sometimes hesitant	Fully locked-in	Never - I don't hear it on the bike	No difference in performance
Reset immediately	Clear but requires thought	Fully locked-in	Occasionally during pressure	No difference in performance
Affects me for several laps	Crystal clear and instinctive	Fully locked-in	Constantly - can't shut it off	No difference in performance
Reset immediately	Sometimes hesitant	Occasionally focused	Occasionally during pressure	Slight performance drop
Bothers me for next few corners	Crystal clear and instinctive	Fully locked-in	Occasionally during pressure	I perform better under stakes
Solid	Strong	Mostly focused		
Solid	Solid	Mostly focused		
Solid	Solid	Fully locked-in		
Solid	Solid	Mostly focused		
Solid	Strong	Fully locked-in		
Below average	Strong	Mostly focused		
Below average	Solid	Mostly focused		
Below average	Solid	Occasionally focused		
Strong	Strong	Fully locked-in		
Below average	Solid	Fully locked-in		
Below average	Solid	Mostly focused		
Solid	Solid	Mostly focused		
Below average	Solid	Mostly focused		
Solid	Solid	Occasionally focused		
Solid	Below average	Mostly focused		
Solid	Below average	Fully locked-in		
Solid	Solid	Mostly focused		
Solid	Solid	Mostly focused		
Below average	Solid	Mostly focused		
Solid	Solid	Occasionally focused		
Solid	Below average	Mostly focused		
Solid	Below average	Fully locked-in		
Solid	Solid	Mostly focused		
Below average	Solid	Mostly focused		
Solid	Below average	Fully locked-in		
Below average	Solid	Mostly focused		
Strong	Strong	Fully locked-in		
Below average	Poor	Mostly focused		
Strong	Strong	Fully locked-in		
Strong	Strong	Fully locked-in		
Solid	Solid	Fully locked-in		
Below average	Below average	Occasionally focused		
Strong	Strong	Fully locked-in		
Strong	Solid	Mostly focused		
Solid	Solid	Mostly focused		
Below average	Below average	Fully locked-in		
Solid	Solid	Mostly focused		
Solid	Solid	Fully locked-in		
Solid	Solid	Fully locked-in		
Below average	Strong	Fully locked-in		
Solid	Below average	Mostly focused		
Below average	Below average	Mostly focused		
Solid	Solid	Mostly focused		
Below average	Solid	Mostly focused		
Solid	Solid	Fully locked-in		
Solid	Poor	Mostly focused		
Solid	Below average	Mostly focused		
Strong	Strong	Fully locked-in		
Poor	Below average	Occasionally focused		
Below average	Solid	Mostly focused		
Solid	Solid	Occasionally focused		
Below average	Solid	Occasionally focused		
Below average	Solid	Mostly focused		
Below average	Strong	Mostly focused		
Solid	Poor	Mostly focused		
Below average	Strong	Mostly focused		
Strong	Strong	Mostly focused		
Strong	Strong	Fully locked-in		
Solid	Solid	Mostly focused		
Solid	Strong	Fully locked-in		

[illegible]

