

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	amar0rajeev@gmail.com	2025-10-21 04:34:31	2025-10-21 04:38:29	00:03:26	Yes	Yes	Implied						68706574677d316897398	https://improve-rider.scoreapp.com/results/68706574677d316897398	
Amy	Thrower	amy.thrower93@gmail.com	2025-10-15 20:19:46	2025-10-15 20:30:40	00:10:41	Yes	Yes	Implied						68001e2484ef046947999	https://improve-rider.scoreapp.com/results/68001e2484ef046947999	
Clayton	Grover	claytongrover@hotmail.co.uk	2025-10-13 08:42:06	2025-10-13 08:46:40	00:04:16	Yes	Yes	Implied						686cb5e600260946946367	https://improve-rider.scoreapp.com/results/686cb5e600260946946367	
Scott	Cameron	scottycam7@hotmail.com	2025-10-10 21:05:52	2025-10-10 21:18:24	00:11:59	Yes	Yes	Implied						68697330e593091589718632	https://improve-rider.scoreapp.com/results/68697330e593091589718632	
Oisin	Maher	oisinm Maher5959@gmail.com	2025-10-10 16:48:29	2025-10-10 16:52:26	00:03:21	Yes	Yes	Implied						686938da092a322534905	https://improve-rider.scoreapp.com/results/686938da092a322534905	
Hinata	Okada	okahina0821@icloud.com	2025-10-09 08:42:09	2025-10-09 08:45:49	00:03:07	Yes	Yes	Implied						68677561b16df0591052	https://improve-rider.scoreapp.com/results/68677561b16df0591052	
Hinata	Okada	okahina0821@icloud.com	2025-10-09 08:41:24		00:00:04	No	Yes	Implied						686775342e164825987610	https://improve-rider.scoreapp.com/results/686775342e164825987610	
Joho	Kantola	juihs.kantola@gmail.com	2025-10-07 20:10:26	2025-10-07 20:17:40	00:06:25	Yes	Yes	Implied						686573b2939a15174217003	https://improve-rider.scoreapp.com/results/686573b2939a15174217003	
Leo	Darling	ld290110@icloud.com	2025-10-07 10:32:27	2025-10-07 10:41:20	00:07:33	Yes	Yes	Implied						6864ec3b70e81526345951	https://improve-rider.scoreapp.com/results/6864ec3b70e81526345951	
Marc	Pronk	marcppronk@gmail.com	2025-10-06 12:02:42		00:00:04	No	Yes	Implied						6863afe20f53889975095	https://improve-rider.scoreapp.com/results/6863afe20f53889975095	
Ghage	Plowman	ghage.plowman@outlook.com	2025-10-06 10:32:31	2025-10-06 10:38:30	00:05:23	Yes	Yes	Implied						68639abf52ae779377348	https://improve-rider.scoreapp.com/results/68639abf52ae779377348	
Krue	Knight	krueknights@gmail.com	2025-10-06 10:20:22	2025-10-06 10:27:31	00:06:24	Yes	Yes	Implied						686397e5cd64134844831	https://improve-rider.scoreapp.com/results/686397e5cd64134844831	
Tom	Gallagher	te.gallagher@outlook.com	2025-09-23 09:12:02	2025-09-23 09:18:02	00:05:49	Yes	Yes	Implied						6862d46251672844769572	https://improve-rider.scoreapp.com/results/6862d46251672844769572	
Mark	Mcgauran	markmcgauran1997@gmail.com	2025-09-21 19:42:00		00:00:04	No	Yes	Implied						6860550711359846619463	https://improve-rider.scoreapp.com/results/6860550711359846619463	
Mark	Mcgauran	markmcgauran1997@gmail.com	2025-09-21 19:38:21		00:03:22	No	Yes	Implied						686054263470914597943	https://improve-rider.scoreapp.com/results/686054263470914597943	
Rui	Goncalves	rgongarage@gmail.com	2025-09-19 17:57:55	2025-09-19 20:55:28	02:57:08	Yes	Yes	Implied						6860482326251760277091	https://improve-rider.scoreapp.com/results/6860482326251760277091	
Joshua	Proudfoot	joshua@app.com	2025-09-18 16:35:24	2025-09-18 16:44:38	00:08:43	Yes	Yes	Implied						686cc34ccc8fe774812725	https://improve-rider.scoreapp.com/results/686cc34ccc8fe774812725	
Flynn	Jacobs	flynjacobs121@gmail.com	2025-09-17 12:11:21	2025-09-17 12:16:21	00:04:05	Yes	Yes	Implied						686caat59b8472900917655	https://improve-rider.scoreapp.com/results/686caat59b8472900917655	
Marshal	Rosas	rossamarshall@gmail.com	2025-09-16 20:45:52	2025-09-17 08:32:39	00:18:17	Yes	Yes	Implied						6869c903203b77901654531	https://improve-rider.scoreapp.com/results/6869c903203b77901654531	
Ian	Fralay	ianfralay@gmail.com	2025-09-16 17:38:37	2025-09-16 17:43:51	00:04:45	Yes	Yes	Implied						6869a094939c0374508276	https://improve-rider.scoreapp.com/results/6869a094939c0374508276	
Karl	Freeth	karl@dataseas.org.uk	2025-09-16 14:53:27	2025-09-16 14:57:33	00:03:54	Yes	Yes	Implied						686979e77d20006729309	https://improve-rider.scoreapp.com/results/686979e77d20006729309	
Nev	Otter	nev@scibyracing.co.uk	2025-09-14 07:18:57	2025-09-14 07:25:41	00:05:45	Yes	Yes	Implied						6866661iaad53922503727	https://improve-rider.scoreapp.com/results/6866661iaad53922503727	
Steve	Frizzell	steve_1000@rr@hotmail.co.uk	2025-09-13 11:42:23	2025-09-13 11:49:15	00:06:38	Yes	Yes	Implied						686559813c3b9505405277	https://improve-rider.scoreapp.com/results/686559813c3b9505405277	
Craig	Dance	craigdanced7@yahoo.com	2025-09-11 13:57:06	2025-09-11 14:01:37	00:04:19	Yes	Yes	Implied						6862d53273731210599447	https://improve-rider.scoreapp.com/results/6862d53273731210599447	
Levi	Russo	levi.russo72@gmail.com	2025-09-11 13:18:42	2025-09-11 13:22:04	00:02:56	Yes	Yes	Implied						6862c23203a03068859383	https://improve-rider.scoreapp.com/results/6862c23203a03068859383	
Ben	Rybicki	ben.rybicki@raceteam.co.uk	2025-09-11 06:17:21	2025-09-11 06:23:13	00:05:28	Yes	Yes	Implied						68626971237d3b339287207	https://improve-rider.scoreapp.com/results/68626971237d3b339287207	
Levi	Russo	levi.russo72@gmail.com	2025-09-10 13:26:02	2025-09-10 13:30:39	00:04:04	Yes	Yes	Implied						68617c6a544cb52799752	https://improve-rider.scoreapp.com/results/68617c6a544cb52799752	
Hunter	Conney	loz187@hotmail.com	2025-09-10 07:29:51	2025-09-10 07:40:28	00:10:26	Yes	Yes	Implied						686128e917f1b3912988	https://improve-rider.scoreapp.com/results/686128e917f1b3912988	
Aleisha	Layton	alayton38@hotmail.com	2025-09-09 16:17:29	2025-09-09 16:23:00	00:05:12	Yes	Yes	Implied						68605195044252957585	https://improve-rider.scoreapp.com/results/68605195044252957585	
Gary	Okeeffe	gok@scibyracing.co.uk	2025-09-09 14:21:43	2025-09-09 14:25:53	00:03:53	Yes	Yes	Implied						68637773030545905793	https://improve-rider.scoreapp.com/results/68637773030545905793	
Robert	Przybylewicz	kalibr144@gmail.com	2025-09-09 13:11:46	2025-09-09 13:15:26	00:03:10	Yes	Yes	Implied						686207921d1cd44894712	https://improve-rider.scoreapp.com/results/686207921d1cd44894712	
Brandon	Keen	brandonkeen2008@gmail.com	2025-09-09 12:28:57</													

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://caminocoaching.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
	Main Landing Page	Portugal	0							
	Main Landing Page	Finland	77	84.00	79	11.00	71	10.00	75	15.00
https://i.instagram.com/	Main Landing Page	Australia	70	76.00	71	10.00	79	11.00	55	11.00
	Main Landing Page	The Netherlands	0							
	Main Landing Page	Australia	69	75.00	64	9.00	43	6.00	85	17.00
https://i.instagram.com/	Main Landing Page	Australia	62	68.00	50	7.00	79	11.00	60	12.00
	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
https://i.instagram.com/	Main Landing Page	United Kingdom	72	79.00	50	7.00	79	11.00	70	14.00
http://m.facebook.com/	Main Landing Page	Australia	59	64.00	64	9.00	57	8.00	45	9.00
https://i.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	99	13.00	71	10.00	80	16.00
	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://i.instagram.com/	Main Landing Page	Australia	61	67.00	64	9.00	50	7.00	65	13.00
https://i.instagram.com/	Main Landing Page	United Kingdom	72	79.00	71	10.00	71	10.00	75	15.00
https://improve-rider.scoreapp.com/continue/68c0b76f27aeed916296680	Main Landing Page	Australia	61	66.00	64	9.00	50	7.00	60	12.00
https://i.instagram.com/	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
	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
https://i.instagram.com/	Main Landing Page	Australia	64	70.00	64	9.00	50	7.00	60	12.00
	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	88	94.00	86	12.00	72	13.00	50	10.00
http://m.facebook.com/	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
	Main Landing Page	United States	69	75.00	64	9.00	78	14.00	55	11.00
https://i.instagram.com/	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
	Main Landing Page	United Kingdom	69	75.00	64	9.00	78	14.00	90	18.00
https://i.instagram.com/	Main Landing Page	United Kingdom	65	71.00	64	9.00	72	13.00	60	12.00
https://improve-rider.scoreapp.com/	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
https://meta.com/	Main Landing Page	United Kingdom	68	63.00	80	8.00	50	7.00	50	10.00
https://i.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
	Main Landing Page	United Kingdom	66	61.00	70	7.00	57	8.00	70	14.00
https://i.instagram.com/	Main Landing Page	United Kingdom	59	55.00	80	8.00	64	9.00	60	12.00
https://i.instagram.com/	Main Landing Page	United Kingdom	73	68.00	80	8.00	64	9.00	70	14.00
	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
	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
http://m.facebook.com/	Main Landing Page	United Kingdom	63	59.00	80	8.00	50	7.00	55	11.00
https://i.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
	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
	Main Landing Page	United Kingdom	89	83.00	100	10.00	100	14.00	80	16.00
https://i.instagram.com/	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
	Main Landing Page	United Kingdom	53	49.00	60	6.00	36	5.00	60	12.00
https://i.instagram.com/	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
	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
https://i.instagram.com/	Main Landing Page	United States	78	73.00	70	7.00	64	9.00	85	17.00
	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
https://improve-rider.scoreapp.com/	Main Landing Page	United States	77	72.00	90	9.00	57	8.00	70	14.00
	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
http://m.facebook.com/	Main Landing Page	United States	56	52.00	80	8.00	50	7.00	50	10.00
https://i.instagram.com/	Main Landing Page	United States	57	53.00	50	5.00	43	6.00	75	15.00
http://m.facebook.com/	Main Landing Page	Australia	59	55.00</						

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	Philip island	Ssp300
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	Philip island	Astb 600cc superscoot
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	Donington 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	Pre62 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					Donington 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
47	8.00	57	16.00					Anglesey	600 clubman and the open
71	12.00	68	19.00					Cadwell Park	Clubman 600
76	13.00	79	22.00					Anglesey circuit	600 & Open
71	12.00	71	20.00					Donington Park GP	Cup 600
47	8.00	71	20.00					Snetterton	BMW F900r Cup
53	9.00	64	18.00					Donington park	Newcomer 600
76	13.00	93	26.00					Donington park GP	Pirelli super series 600
59	10.00	57	16.00					donnington	endurance
88	15.00	89	25.00					Donington GP	Club 600
76	13.00	79	22.00					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	Bennetts British Superbikes
59	10.00	61	17.00					Morgan Park	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	Supertwin
88	15.00	89	25.00					Croft	P600 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 serie
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

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
Stretching 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 ms	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 minut	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 pairt, 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
musins 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	Fair	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 qnd 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		

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
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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
Ruins 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
Ruins 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	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	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		
Below average	Solid	Mostly focused		
Solid	Below average	Mostly focused		
Solid	Below average	Fully locked-in		
Solid	Solid	Mostly focused		
Solid	Below average	Fully locked-in		
Solid	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		
Solid	Below average	Fully focused		
Strong	Strong	Fully focused		
Solid	Solid	Fully focused		
Solid	Below average	Fully focused		
Solid	Solid	Fully focused		
Solid	Below average	Fully focused		
Strong	Solid	Fully focused		
Solid	Poor	Mostly focused		
Strong	Strong	Fully focused		
Solid	Solid	Mostly focused		
Below average	Solid	Mostly focused		
Solid	Below average	Mostly focused		
Solid	Below average	Fully focused		
Strong	Strong	Fully focused		
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 focused		
Solid	Solid	Mostly focused		
Solid	Strong	Fully focused		

~~Deleted: Rate your feeling and connection with the track in practice?~~ ~~Deleted: How would you rate your ability to stay relaxed on the bike during FP?~~ ~~Deleted: How would you rate how clear your goal was in qualifying?~~ ~~Deleted: How would you rate your level of Overthinking in qual?~~

Deleted: What was your goal for the overall weekend?	Deleted: What would achieving your goal have meant to you?	Deleted: Do you just get up to speed when the chequered flag comes out?
Knock 2 seconds off previous best lap time	Progression goals are the most important thing	Often
Go faster than my previous PB	That I am moving forwards and always progressing!	Often
Top 20	A lot! It's only my second year racing and this year I'm in the BSB paddock	Occasionally
To break into the 1:25 lap times.	It would have put me in the mix to race for a win in my class	Occasionally
Was on a new bike so the aim was just to enjoy and try things with the bike to get comfy and understand the changes.	Would have been great to get a good result. To rebuild on an otherwise terrible season in BSB	No, I get up to speed early
Top 15 overall and p1 in class	A lot to be winning at my home round and be leading the championship	Occasionally
Three class wins!	It would have meant alot and would have extended my lead in the championship	Occasionally
Top 20	A lot to show that I can quickly adapt to new circuits	Occasionally
My goal was to regain my confidence after some difficult rounds. And most importantly not to crash	It would give me hope and freshen my mindset. I have struggled this year after having bad luck and crashes which had made me doubt my abilities	Occasionally
I wanted to achieve lap times set from when I was there previously 2 years ago before my series of injuries	It meant that I would be starting where I left off and felt more confident to be competitive at the next round	Often
I didn't have one	I didn't have one	Occasionally
To hit 1.36 lap time	Made my happy	No, I get up to speed early
My goal for the weekend was to win both of my races to extend my championship points	I would have been very pleased and would have extended my points in the championship	Occasionally
To get into the 1.10's and to win all 3 clubman races	Made me happy	No, I get up to speed early
To improve on last year's times and set a new personal best	It would mean that my constant improvement still justifies my racing	Often
Top 10 results Anything better than 7th was a bonus (my previous best dry result). Also a sub 1.40!	Give me confidence going forward that we are consistently improving and going in the right direction.	No, I get up to speed early
Get out of LCQ	Keeping momentum towards my end goal at being at the front, i was ecstatic	Occasionally
To set a 1:59 lap time. Slow but achievable as I didn't have the money to afford a test day. So Quali was my first ever time riding this track	That I had done what I could for the limited time on track and no chance to test	Yes, every time
Lap at 1.37 or faster	I was taking steps in the right direction with my riding and bike set up by improving my personal best lap	Occasionally
to get a podium	Having a bit of kudos up on my mates who are with me lol	No, I get up to speed early
To be faster than last season	It would show how I've progressed so far	No, I get up to speed early
My goal was to keep improving every session and getting the best results possible	Give me even more confidence going forward	No, I get up to speed early
Wanted to get a new PB and wanted to finish on the podium	A lot as I went all of last year without a main race podium after having two in the first year so would be a massive confidence boost for me and the team	Occasionally
Get down to at 2:09 and I managed to get a 2:08.500	It meant a lot to me	Occasionally
To hit a certain time	Proved to me that I am improving	Often
Get top 5	That I have the pace to run at the front	No, I get up to speed early
To be in the mix with the group and get overtakes as well as have lap times in the region on the group im fighting with.	A big step towards the big goal (points finish) and a big confidence boost for myself to know I can do it. And not just once off	Occasionally
Top 10 or to fight with the front boys	It would mean to me that I have a good chance of fighting for wins by the end of the season	No, I get up to speed early
To be fighting for podiums an setting pbs	It would've meant a lot because it would've given me confidence coming into our winter season break	Often
Be faster	That I can do it	No, I get up to speed early
P1-P3 throughout the weekend	Good sense of self accomplishment	No, I get up to speed early
Improve track positioning of bike relative to paint on later apexes and harder drive off corners to paint on outside of corner on exit.	Self satisfaction on my race craft	Occasionally
Improve lines (relative to apexes) improve acceleration in mid corners on longer corners where able, and drive out of corners	Self validation with my race craft	Occasionally
Try to be as competitive as possible in multiple classes, but improve on past lap times	Always looking for more	Occasionally
Get a good qualifying position. And get better lap times than what I previously had.	The ability to create more confidence	No, I get up to speed early
Podium in my class	A marked improvement, as well as proving myself to my sponsors	Often
To finish the weekend without crashing after last round I went down twice	Might have reinvigorated my excitement for the season	No, I get up to speed early
1.15s	a lot	Often
To go faster than Nick did on the same bike	Would have made for a successful weekend	No, I get up to speed early
Win	Loads	Yes, every time
Get some races in on a completely new bike with broken ribs still healing from 3 weeks previous	Set me up for the remainder of the season	Occasionally
to beat my previous lap time	That I have improved since last year in my riding ability	No, I get up to speed early
Be top points scorer, not necessarily to win all races	Continuing championship goal progression	No, I get up to speed early
Didn't have one	Na	Often
Podiums	Mission accomplished	No, I get up to speed early
To lower lap times, and close gap to friend	Make or break my weekend	No, I get up to speed early
Win all 3 races and beat the lap record	3 wins	No, I get up to speed early
Score points in every race and do a minute flat	Would of proved I've improved my riding	Occasionally
Lap times	Not alot	Occasionally
Finish in the top half	Boost in confidence	Occasionally
I wanted to finish on the top 3 for all my races	It was a personal thing that I knew I was capable of and would have kept me in a good position in the championship so I was disappointed when I wasn't	Occasionally
Set a PB in line with other team mates	Feel Accomplished	Occasionally
Come home with a smile on your face, in one place and keep my championship lead but beat the ex and current champion	Proof I'm as good as the last 2 champions	Often
Achieve a 1:37 laptime	That I was able to ride a comparative time to my last visit after an injury earlier in the year.	Occasionally
Make the grid	The feeling that I belong in MA	Often
Pray for rain and take the win as its a circuit I know I'm moderately fast at in the rain	Everything it would have been my first win	No, I get up to speed early
Podium	Visual representation of progress in the class	Occasionally
Top 3 all 3 races	A lot	No, I get up to speed early
My goal was to be on the podium and get more points for the championship	It would have meant a lot, as all the training that I put in was would feel like it had payed off. I also am very competitive so I want to win more than all	No, I get up to speed early
	Absolutely everything	
	Proving that I have the speed to be in the championship battle	
	It helps me build confidence and feel better about myself knowing that my riding is at an acceptable level to be mixing in that paddock. This sets me in a good place going into the next round.	

Deleted: How Much Fun Was It?	Deleted: What Is Your Age?	Deleted: How satisfied are you with your performance?	Deleted: If you could change one thing about yourself to boost your performance, what would it be?	Deleted: How ready were you for the level of challenge this weekend posed?
Absolutely loved it	45	Slightly Satisfied	Unlocking flow that I occasionally find all the time and when it matters the most not just some of the time.	Mostly
Pretty fun	41	Mostly satisfied	Attack the first lap of the race! I give away too much!	Totally ready
Pretty fun	28	Mostly satisfied	Relax more	Mostly
A bit of fun	30	Slightly Satisfied	Dont rush corners	Somewhat
Pretty fun	37	Mostly satisfied	Had more time on the bike.	Mostly
Pretty fun	17	Mostly satisfied	Doing All the race prep	Mostly
Pretty fun	50	Slightly Satisfied	The second phase of the starts. I get off the line okay then I seem to get passed in the first few corners. This was particulary bad at Donington.	Mostly
Pretty fun	21	Not at all satisfied	Mental preparation and focus	Totally ready
Absolutely loved it	16	Mostly satisfied	I would like to have pace a lot earlier in the weekend. I tend to be really fast but only by the last race.	
Absolutely loved it	22	Mostly satisfied	Either my fitness off bike such as stamina and endurance. Or my ability to get a better drive on corner exit	
Pretty fun	22	Mostly satisfied	Not getting myself wound up and making mistakes	
Absolutely loved it	43	Mostly satisfied	Mind set	
Pretty fun	20	Mostly satisfied	Would have gone a bit better in qualifying to get a better start for the race to be up with the front runners	
Not fun at all	33	Slightly Satisfied	Believe in myself more,	
Pretty fun	44	Slightly Satisfied	Physical fitness	
Absolutely loved it	18	Mostly satisfied	Improve fitness level. If I had the endurance to maintain a slightly faster lap time then I would have improved by 1 place in each race.	
Pretty fun	19	Extremely satisfied	Flow	
A bit of fun	20	Not at all satisfied	My confidence. Especially in high speed entry corners	
Absolutely loved it	27	Slightly Satisfied	Race focus and being able to push my braking markers and how early I open the throttle	
Absolutely loved it	50	Extremely satisfied	more aggressive on the exit of corners to get more drive	
Absolutely loved it	35	Mostly satisfied	Fitness	
Absolutely loved it	14	Mostly satisfied	More track time , but I can't do any practice at any msv tracks until I'm 16	
Absolutely loved it	19	Mostly satisfied	Probably ensure my food and hydration is a bit better across the whole weekend	
Absolutely loved it	15	Extremely satisfied	Getting of the line faster and keeping up with the pack	
Not fun at all	34	Not at all satisfied	Be clear in the changes I make, be confident in my decisions	
Absolutely loved it	15	Extremely satisfied	Not much I myself feel pretty good	
Absolutely loved it	27	Slightly Satisfied	When things get going good, I seem to get a bit over confident and get caught out in mistakes. And I would like to keep away from this to continue in the direction of strong progress towards the goal. When the mistakes happen	
A bit of fun	14	Slightly Satisfied	To stop worrying and stressing post session	
Absolutely loved it	18	Slightly Satisfied	I'd say it's my late breaking confidence into terms give me that confidence to go up the inside while I'm a couple bike club saw behind someone. I struggle with the confidence into the term thing that can pull it up which then mal	
Absolutely loved it	33	Extremely satisfied	Body position	
Absolutely loved it	23	Mostly satisfied	Consistency, fewer mistakes	
Absolutely loved it	58	Mostly satisfied	Wish to improve confidence in myself & tire grip to use less brakes on T entry to achieve higher mid corner speed resulting in faster lap time	
Absolutely loved it	58	Mostly satisfied	Confidence in tires, higher lean angle, higher mid corner speed w/o crashing	
Pretty fun	55	Slightly Satisfied	Ride with precision, but Less mechanical	
Pretty fun	51	Slightly Satisfied	Endurance	
Absolutely loved it	22	Slightly Satisfied	I would like to have more confidence and comfortability on track	
A bit of fun	34	Not at all satisfied	I need to figure out why I am having so many issues crashing this season, it's abnormal	
Pretty fun	48	Not at all satisfied	get going early in race	
A bit of fun	30	Slightly Satisfied	Be able to look back at laps in the session and pick up at points in the lap where I can improve lap times. Then become able to apply this every lap to maintain a stronger race pace.	
Absolutely loved it	56	Extremely satisfied	Finish work and more track time	
Absolutely loved it	38	Extremely satisfied	Being fit to ride and hungrier to win	
Absolutely loved it	29	Extremely satisfied	confidence to push in the braking areas	
Absolutely loved it	22	Extremely satisfied	I'd be the peak of physical fitness	
Absolutely loved it	41	Slightly Satisfied	Anxiety nerves performance	
Absolutely loved it	28	Extremely satisfied	Fitness	
Pretty fun	36	Slightly Satisfied	Find a way to break through the block when I start to plateau	
Absolutely loved it	40	Extremely satisfied	Stamina, more fitness, more corner speed	
Pretty fun	52	Slightly Satisfied	Have the ability to stop thinking I'm going to be taken out at every corner	
Absolutely loved it	32	Not at all satisfied	Less weight and more aggression	
Absolutely loved it	35	Mostly satisfied	General fitness	
A bit of fun	48	Not at all satisfied	Fitness is my main priority at the moment , although I am usually fit I have let things slip over the last 8 weeks	
Absolutely loved it	22	Mostly satisfied	More confidence and assertiveness	
Absolutely loved it	55	Slightly Satisfied	Confidence to get on the gas earlier	
Pretty fun	40	Slightly Satisfied	Be able to take improvement areas I spot either while riding or reviewing laptimer/video data, and act on what I know (brake later, better throttle application etc)	
Absolutely loved it	46	Mostly satisfied	More confidence and aggressiveness	
Pretty fun	28	Slightly Satisfied	Sharpen body positioning	
Absolutely loved it	35	Mostly satisfied	Dedicate more time to being on track	
Absolutely loved it	26	Mostly satisfied	More wet practices	
Absolutely loved it	15	Slightly Satisfied	In race 1 I could've had more confidence however in race 2 I don't think I could've tried any harder	

Deleted: Do you tend to hit a lap time and plateau — struggling to break through to a faster time

No, I always find time
I often plateau
Occasionally plateau
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