

Parent/Guardian Introduction Survey

Have your parents/guardians answer the following four section survey. They need to have watched all four parts of the Interactive Video Presentation prior to doing this survey. As explained in Assignment 4, it is recommended that you complete a full appointment with them before they do this survey.

Section 1 – Rate each of the fields from 1 – 10, based on how beneficial you believe it will be for the athlete.

You can either print this page, or write the ratings on a separate sheet of paper.

Color Codes:		Academic Excellence	Athletic Improvement	Champion Mindset	Forever Starts Today
Rating	Tasks	Description			
	Extra Study	Studying (at home) what was learned at school today			
	Stretch	A set/routine of stretches * designated by coaching staff			
	Pushups	A set/routine of pushups *			
	Sprints	A set/routine of sprints *			
	Air Squats	A set/routine of air-squats *			
	Sit-ups	A set/routine of sit-ups *			
	Gym Workout	A full routine of gym exercises and lifts *			
	Water	A 10 ounce cup or bottle of water			
	Article	Reading a sports related magazine/online article			
	Visualize Success	Utilizing visualization techniques to evoke positive emotions			
	Consider 10 Years	Imagine what you want to/could be doing 10 years from now			
	Research Interests	Research different professions in a wide range of fields			
	Steps to College	Research scholarships, apply for grants, email schools etc...			
Rating	UnProductives	Description			
	Skip Homework	Not working on homework the same day it was assigned			
	Upset Teacher	Self-explanatory			
	Neglect Extra Credit	Failing complete activities that would earn extra credit			
	Late to Class	Self-explanatory			
	Unhealthy Meal/Snack	Self-explanatory			
	Late to Practice	Being late to a scheduled practice or workout			
	Upset Coach	Self-explanatory			
Rating	Ratings	Description			
	Academic Effort	Effort put into school work			
	Organization	Cleanliness at home/class/locker... Efficiency of storage space			
	Athletic Effort	Effort put into athletic development			
	Technique/Form	Effort put into the finesse and fine details of athletic skills			
	Procrastination	Not doing tasks when they could (or should) be done			
	Motivation	General desire or willingness to do what should be done			
	Productivity	How much work was done vs. how much time you had to do it			
	Mood/Attitude	How happy/positive you were as you went through the day			
	Respect	Amount of respect given to your peers, teachers and coaches			
	Negative Influences	Amount of unproductive people or situations you encountered			
	Diligence/Honesty	Effort & honesty put into monitoring things tracked by the GPL			
Rating	Weekly Questions				
	What areas of my Academic performance can I improve on for next week?				
	What area of my Athletic performance can I improve on for next week?				
	Who worked harder than me this week?				
	What were my greatest accomplishments this week?				
	What, in my future, am I looking forward to?				
Rating	Monthly Questions				
	What were my greatest Academic accomplishments this month?				
	What were my greatest Athletic accomplishments this month?				
	What is my personal definition of a Champion?				
	What is my personal definition of Success?				
	What evidence is there, that I am heading toward my desired future?				

Write the following answers on the back side of the paper you wrote the ratings on.

The program is most effective when both the athlete and their role models are striving for their goal together.

Section 2 –Are there any additional fields that you think would be beneficial for your athlete to track via the GPL?

Section 3 – Part 3 of the Interactive Video Presentation provides a long list of field suggestions for you to choose from. If you were to use the GPL, what fields (not limited to the ones suggested) would you like to track?

Section 4 – Your athlete can be your first GPL Accountability Partner and the Pillow2Door method will ensure that you never forget to update your Goal Log. Are there any other friends, relatives, co-workers or acquaintances that could also hold you accountable? Do you think any of these people could also benefit from tracking their goals via the Goal Progression Log?

This survey needs to be turned into your coach along with [a] the signed form (checklist), [b] AP SHEET 1 and [c] AP SHEET 2.

If you can, try to have two or three family members complete this survey.