



Marilyn Chychota Coaching, LLC

End of Year Debriefs:

What targets did you hit this year:

What targets did you miss this year:

What health or injury concerns did you have this year:

What equipment changes did you make this year:

What do you feel you did well this year:

What in the program did you like this year:

What do you feel worked well this year:

What would have you changed about this year:

What concerns did you have this year:

What are your goals going forward:

Questions you have about this season:

Were all your needs met from me as your coach this past season:

Please fill out the above in your own time. Take some time to fully go through your thoughts on the entire year. Feel free to include any other thoughts and notes you might find useful.

If you would like to schedule a call after completing the form please include a date and time that you'd like to do this.

Thank you for including me on your team and putting your trust in me. I am as fully invested in everyone of your goals as you are and will always do my best to help you achieve your goals.

Cheers,
Marilyn