

Come mi sento attualmente

Scala: 1: per nulla – 10 molto / forte

1. La mia attuale motivazione

A) La mia motivazione generale riguardo alla corsa

1	2	3	4	5	6	7	8	9	10
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B) La mia motivazione in allenamento

1	2	3	4	5	6	7	8	9	10
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C) La mia motivazione in gara

1	2	3	4	5	6	7	8	9	10
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2.) Che importanza ha attualmente la corsa nel mio tempo libero

1	2	3	4	5	6	7	8	9	10
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3.) La fiducia in se stessi attuale in riferimento alla corsa

1	2	3	4	5	6	7	8	9	10
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4.) La mia attuale gestione dell'ambiente (lavoro, famiglia, hobby, finanze, progetti, sfide, ecc.)

1		2	3	4	5	6	7	8	9	10
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5.) La mia attuale gestione del tempo e di me stesso (in generale)

1	2	3	4	5	6	7	8	9	10
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6.) La mia attuale gestione del tempo e di me stesso (riferito allo sport)

1	2	3	4	5	6	7	8	9	10
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7.) Ho obiettivi e ambizioni nello sport

1	2	3	4	5	6	7	8	9	10
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8.) Mi fa piacere allenarmi

1	2	3	4	5	6	7	8	9	10
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9.) Mi alleno sempre in maniera mirata

1	2	3	4	5	6	7	8	9	10
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10.) Presto attenzione ad un'alimentazione sana

1	2	3	4	5	6	7	8	9	10
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Informazioni:

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Provvedimenti:

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Data/Firma: