



HOMEPLAY

Workout Readiness Checklist

Getting yourself ready to exercise can make a big difference in how that workout, practice or competition goes! Being ready for your workout isn't just about warming up. It's also important to make sure you are wearing proper clothing and shoes for the activity you are going to, as well as being properly hydrated and fueled. Don't forget to consider the weather, too!

STEP 1

Rate yourself by placing a checkmark in the box to show how often you perform the activity.

Which items are important for you to have a great workout?

- | | |
|---|--|
| <input type="checkbox"/> Eyeglasses, sunglasses or contacts | <input type="checkbox"/> Minimal or no jewelry |
| <input type="checkbox"/> Medication (example: inhaler) | <input type="checkbox"/> Hair tie/elastic |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> Sunscreen on exposed skin |
| <input type="checkbox"/> Brimmed hat or visor | <input type="checkbox"/> Eat a healthy snack or meal within 2-3 hours of workout |
| <input type="checkbox"/> Cold weather gear (gloves, hat, neck warmer, etc.) | <input type="checkbox"/> Drink 1 bottle of water within an hour of workout |
| <input type="checkbox"/> Reflective vest | <input type="checkbox"/> Warm-up prior to workout |
| <input type="checkbox"/> Proper sports equipment (shin guards, helmet, goggles, etc.) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Uniform or sports clothing | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Proper sports shoes (sneakers, cleats) and shoelaces tied | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Sport socks | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Rain coat or poncho | |

STEP 2

Copy the items onto the blank checklist. See next page for an example.
Use this blank checklist and add the items you need in order to be
Ready to Workout!




I AM READY TO WORKOUT!

Special Olympics 

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Example:

I AM READY TO WORKOUT!		Special Olympics 
<input checked="" type="checkbox"/> sneakers	<input checked="" type="checkbox"/> Sunscreen on exposed skin	
<input checked="" type="checkbox"/> Shoelaces tied	<input checked="" type="checkbox"/> 1 water bottle full of water within hour of workout	
<input checked="" type="checkbox"/> Athletic wear/clothing	<input checked="" type="checkbox"/> Warm-Up prior to workout	
<input checked="" type="checkbox"/> Face mask	<input type="checkbox"/>	
<input type="checkbox"/> Rain coat or poncho (optional)	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Sports socks	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Hair is tied back/out of face	<input type="checkbox"/>	
<input type="checkbox"/> Eyeglasses secured (no loose parts)	<input type="checkbox"/>	
<input type="checkbox"/> Sweatshirt or long sleeves (optional)	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Brimmed hat or visor (optional)	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Healthy snack or meal within 2-3 hours of workout	<input type="checkbox"/>	
	<input type="checkbox"/>	

STEP 3

Post your checklist somewhere you will see it!



MAKE IT A HABIT

I will go over the Workout Readiness Checklist before my workout.

Specific items that I will focus on are: _____

If this habit is important to you, be sure to add it to your Habit Tracker! This will help you schedule it into your week.