

CLIMBING WALL SELF-EVALUTATION FORM

Climber Name: _____

Date: _____

After completing the climbing activity, write YES or NO for each category.

	YES or NO
I worked hard and put forth my best effort.	
I followed the safety rules and directions for the activity.	
I respected the other climbers.	
I had a positive attitude.	
I worked well with others. / I supported other climbers with my words.	
I climbed carefully and my body was always in control.	
I showed good sportsmanship (if activity was competitive).	
I respected the climbing wall / equipment.	

One thing I am proud of about how I climbed today:

One thing I could do better when I climb:
