

Athletic Burnout Self Report

1. **How often do you have trouble concentrating during a time out, watching game film, or going over your scouting report?**

Never Rarely Sometimes Often Very Often

2. **How often do you have difficulty getting things in order when you have to do a task that requires organization?**

Never Rarely Sometimes Often Very Often

3. **How often do you have problems remembering your scouting report/assignments during the game?**

Never Rarely Sometimes Often Very Often

4. **When you have a task that requires a lot of thought, how often do you avoid or delay getting started?**

Never Rarely Sometimes Often Very Often

5. **How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?**

Never Rarely Sometimes Often Very Often

6. **How often do you feel overly active and compelled to do things, like you were driven by a motor?**

Never Rarely Sometimes Often Very Often

7. **How often do you make careless mistakes during drills at practice because of mental errors and not skill?**

Never Rarely Sometimes Often Very Often

8. **How often do you have difficulty keeping your attention on the game when you're sitting on the bench?**

Never Rarely Sometimes Often Very Often

9. **How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?**

Never Rarely Sometimes Often Very Often

10. **How often do you misplace or have difficulty finding things at home, at the gym, or in your locker room?**

Never Rarely Sometimes Often Very Often

11. **How often are you distracted by activity or noise around you during a timeout or half-time?**

Never Rarely Sometimes Often Very Often

12. **How often do you leave your seat during a film session or in other situations in which you are expected to stay seated?**

Never Rarely Sometimes Often Very Often

13. How often do you feel restless or fidgety?

Never Rarely Sometimes Often Very Often

14. How often do you have difficulty unwinding and relaxing after a workout or game?

Never Rarely Sometimes Often Very Often

15. How often do you find yourself talking too much when you are in social situations?

Never Rarely Sometimes Often Very Often

16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish it themselves?

Never Rarely Sometimes Often Very Often

17. How often do you have difficulty waiting your turn in practice or waiting to get in the game on the bench?

Never Rarely Sometimes Often Very Often

18. How often do you interrupt others when they are busy?

Never Rarely Sometimes Often Very Often

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