

# Self-Assessment Worksheet: Most and Least Favorite Climbs

Answer the following questions for three of your favorite climbs or boulder problems of any grade.

Climb \_\_\_\_\_ Grade \_\_\_\_\_

Trad \_\_\_\_\_ Sport \_\_\_\_\_ Boulder problem \_\_\_\_\_ Other \_\_\_\_\_

1. Describe the characteristics of the route. Was it short, long, continuous, steep, a slab, a crack, a face?
2. What was the general nature of the holds?
3. Where was the crux?
4. Was the physical crux the same as the redpoint crux?
5. What was resting like on this route?
6. In general, how would you describe the nature of the movement? Was it static or dynamic? What did you like about it?
7. What was the nature of the protection on this route?
8. For boulderers, what was the landing like and how tall was the problem?
9. How accurate would you say the grade was?
10. What else was important or enjoyable about this climb?

Now list three of your least favorite climbs or boulder problems of any grade. What are the characteristics of these climbs? Use the following questions to specify the things that you found unpleasant.

Climb \_\_\_\_\_ Grade \_\_\_\_\_

Trad \_\_\_\_\_ Sport \_\_\_\_\_ Boulder problem \_\_\_\_\_ Other \_\_\_\_\_

1. Describe the characteristics of the route. Was it short, long, continuous, steep, a slab, a crack, a face?
2. What was the general nature of the holds?
3. Where was the crux?
4. Was the physical crux the same as the redpoint crux?
5. What was resting like on this route?

6. In general, how would you describe the nature of the movement? Was it static or dynamic? What made it unpleasant for you?

7. What was the nature of the protection on this route?

8. For boulderers, what was the landing like and how tall was the problem?

9. How accurate would you say the grade was?

10. What else was important or least enjoyable about this climb?

## Self-Assessment Worksheet: Likes and Dislikes

1. What type of climbing do you prefer?

Trad \_\_\_\_\_ Sport \_\_\_\_\_ Bouldering \_\_\_\_\_ Other \_\_\_\_\_

2. What route characteristics do you prefer?

3. What are your preferences concerning crux placement?

4. What are your preferences for resting? What lengths will you go to in order to get a good rest? Do you tend toward specific types of rests, such as stems or heel hooks?

5. What are your preferences for protection and landings? Figure out the point at which protection or landings become a distraction, inhibiting your performance because you are thinking more about the fall than the climbing.

6. Do you prefer grades that are soft, hard, or accurate?

7. What type of holds do you like: slopers, crimpers, pockets, pinches, cracks, underclings?

8. Is there a specific reason why you like these holds?

9. What type of holds do you dislike? Is there a specific reason why you don't like them?

10. What type of stone do you prefer: limestone, sandstone, granite, conglomerate?

11. Is there a specific reason why you like this kind of rock?

12. Is there a type of stone you dislike? Is there a specific reason why you don't like it?

13. What are your favorite places to climb? Places you hate to climb? Can you identify specific reasons for these preferences?

14. Are there particular movement skills you like or dislike, such as heel hooks, knee bars, hand or foot jams, turning? Give specific reasons if you can.

15. Are there other likes and dislikes that affect you as a climber?