



# DETERMINING YOUR NEEDS

SELF ASSESSMENT FOR CLIMBERS  
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- 0 = It always happens and you intentionally avoid certain scenarios to avoid the problem
- 1 = It happens often; You don't actively avoid it but it's a known issue/weakness
- 2 = It happens about half the time, frequently enough to notice but not so frequently as to consider it a "weakness"
- 3 = It happens occasionally and could be considered a slip up or goof
- 4 = It happens seldomly, definitely just a goof and easily rectified
- 5 = It happens almost never, but you're human and incapable of perfection so you're not going to say it "never" happens

DATE:

TALLY

## MENTAL

You get distracted while climbing, whether by yourself or by people on the ground.	0	1	2	3	4	5	<input type="checkbox"/>
You don't fully commit to difficult or uncertain moves, regardless of height.	0	1	2	3	4	5	<input type="checkbox"/>
You don't try to get creative with beta: If it works for other people, it must work for you.	0	1	2	3	4	5	<input type="checkbox"/>
You don't take things at the right speed: You go fast whenever you can, and slow only when you need to.	0	1	2	3	4	5	<input type="checkbox"/>
You look at the grade on a climb and determine that it is either possible or impossible for you.	0	1	2	3	4	5	<input type="checkbox"/>

**MENTAL TOTAL**

## TECHNICAL

You blow your feet.	0	1	2	3	4	5	<input type="checkbox"/>
You climb predominantly with your upper body regardless of wall angle.	0	1	2	3	4	5	<input type="checkbox"/>
You don't read beta/sequences very well on onsight/flash attempts.	0	1	2	3	4	5	<input type="checkbox"/>
You have trouble repeating hard climbs: They always feel just as hard as the first time.	0	1	2	3	4	5	<input type="checkbox"/>
You don't experience balance or flow on the wall: You're either fighting to stay or fighting to move.	0	1	2	3	4	5	<input type="checkbox"/>

**TECHNICAL TOTAL**

## NOTES

DATE:

TALLY

## STRATEGIC

You do the same warm-up for every session (same types of climbs, same difficulty, etc.).

0 1 2 3 4 5

You don't "rest" unless you're actually "tired" (sweaty, panting, etc.).

0 1 2 3 4 5

Your sessions lack a specific purpose: you "just climb."

0 1 2 3 4 5

You do 4+ full climbing sessions per week and your sessions are 3+ hours long.

0 1 2 3 4 5

You spend the majority of your climbing time trying hard climbs.

0 1 2 3 4 5

**STRATEGIC TOTAL**

## PHYSICAL

You have difficulty with and/or avoid certain holds or grip types because they feel tweaky or hard.

0 1 2 3 4 5

You have trouble getting your feet back on the wall after they cut on an overhanging wall.

0 1 2 3 4 5

You don't "go big."

0 1 2 3 4 5

When you go big, you can't stick anything other than a jug.

0 1 2 3 4 5

You fall because you're pumped.

0 1 2 3 4 5

**PHYSICAL TOTAL**

**LOOK AT YOUR TOTALS SIDE BY SIDE.  
WHICH AREA IS SMALLER THAN THE OTHERS? IMPROVE THERE.**

**MENTAL**

**TECHNICAL**

**STRATEGIC**

**PHYSICAL**

**NOTES**