

Six-Session Sport Trial Tracker & Worksheet

A free printable six-session sport trial tracker for choosing a new sport through evidence, not one awkward first impression.

What it is

A bounded experiment for testing a sport without demanding an instant identity or early competence. You choose one behaviour to practise, attend six sessions, record one concrete moment after each, then decide whether to continue, change the environment or stop.

Who it is for

Adults returning to sport, complete beginners, or anyone choosing between activities. It is especially useful when fear of looking bad, slow decisions, perfectionism or over-control makes the first session hard to judge.

When to use it

Start after checking basic safety, schedule and cost. Use it immediately after each of six sessions. Stop early for unsafe instruction, humiliation, hidden costs, worsening injury or a clearly hostile environment.

Step-by-step instructions

Name one pattern that shrinks under pressure: hiding, hesitating, quitting after mistakes, taking over, or avoiding uncertainty.

Choose a sport and environment that creates small, repeatable chances to practise the opposite behaviour.

Define success as showing the behaviour—not winning, calories, rank or rapid improvement.

Attend six sessions before judging fit, unless a safety or environment red flag appears.

After each session, record one concrete moment, the discomfort type, and whether you want to return.

After session six, separate sport fit from environment fit and choose: continue, change setting, test another sport, or stop.

The actual tool

Experiment setup

Sport: _____ Place/coach: _____ Six-session window: _____

Under pressure, I tend to: _____

Behaviour I will practise: _____

A successful session means I: _____

Stop early if: _____

Session	One concrete moment	Discomfort: constructive, neutral or unsafe?	Energy after (1–5)	Want to return? Why?
1	_____	_____	—	_____
2	_____	_____	—	_____
3	_____	_____	—	_____
4	_____	_____	—	_____
5	_____	_____	—	_____
6	_____	_____	—	_____

Decision after session six

Evidence the behaviour changed: _____

Sport fit: _____ Environment fit: _____ Practical fit: _____

☐ Continue here ☐ Change environment ☐ Test another sport ☐ Stop

Smallest next action and date: _____

Example

Nora chooses beginner volleyball because she tends to wait for certainty and avoid being seen. Her success measure is "call for one ball or make one decision before I feel ready." Session one feels awkward; session three includes one clear call; session five is tiring but welcoming. After six sessions

she continues—not because she is good yet, but because the environment is safe and she has six pieces of evidence that she is acting sooner.

What to do next

Choose one beginner session that is affordable and repeatable. Put all six dates in the calendar before session one, then make no verdict until the tracker contains evidence.

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