



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name:** Lekha B

**Age:** 12

**Sports:** Swimming

**Level of sports:** Competitive

**Coach:** Karthik

**Academy:** Floating Arena

### PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Competitive Behavior questionnaire</u>	✓		
<u>Sport competition anxiety test</u>			✓

#### **Recommendation:**

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training