### Directions
You will watch your compulsory performance from the videotape. You may use the pause and rewind functions as needed. While you do that, you need to score your own routine based on the criteria of the routine and the list of deductions above. Each skill is in its own box. If you see a deduction based on performing (or omitting) that skill, then you write that deduction in the empty box next to it. If you do not see a deduction, then you leave the box empty. When you are finished watching/scoring the routine, add up the number of deductions and subtract that from 10.0 and write that score in the box labeled “Final Score.”

### Self Evaluation
*Please write your responses as complete sentences.*

1. Write your impression(s) of performing the routine. Is it a performance you are proud of?

2. Do you think you could have done it better? OR Was this performance better than you anticipated? Why?

3. What was the best thing (or what were the best things) you performed?

4. What do you suppose needs the greatest improvement? How would you go about this improvement?