

■ Post-DNF Self-Audit Worksheet

Use this space to reflect, reset, and grow stronger after a Did-Not-Finish.

1. What race did you DNF?

2. At what mile/km did you drop?

3. What was happening in your body at that moment?

4. What was going through your mind?

5. What conditions (weather, gear, terrain) played a role?

6. Were there early warning signs that you ignored?

7. Did nutrition or hydration contribute to the issue?

8. What could you have done differently in training?

9. What mindset or emotional factors played a role?

Originally published at umit.net – <https://umit.net/overcoming-ultramarathon-dnf>

10. What lessons will you carry into your next race?