

# Self-Evaluation Checklist – C-Betting

Print this form. Then, for each Class in this checklist, do the following:

**STEP 1:** Print out and complete a Self-Evaluation form - <https://pc.pokercoaching.com/pdf/self-evaluation-form.pdf>

**STEP 2:** Copy your answers from your Self-Evaluation form to this form. **STEP 3:** Check off the Class that you just completed!

Done	#	Date	Topic	Class	Before Rating	After Rating	Improvement
<input type="checkbox"/>	1		C-betting	<a href="#">Matt Affleck - Button vs Big Blind C-Betting Strategy at 40bbs</a>			
<input type="checkbox"/>	2		C-betting	<a href="#">Jonathan Little - Combating Consistent C-Bettors</a>			
<input type="checkbox"/>	3		C-betting	<a href="#">Matt Affleck - Flop C-Betting When Out-of-Position as the Preflop Raiser</a>			
<input type="checkbox"/>	4		C-betting	<a href="#">Lexy Gavin - When to Continuation Bet</a>			
<input type="checkbox"/>	5		C-betting	<a href="#">Matt Affleck - Continuation Betting</a>			
<input type="checkbox"/>	6		C-betting	<a href="#">Jonathan Little - When To Continuation Bet Based On Board Texture</a>			
<input type="checkbox"/>	7		C-betting	<a href="#">Jonathan Little - When To Continuation Bet And How Much</a>			
<input type="checkbox"/>	8		C-betting	<a href="#">Alex Fitzgerald - Exploitative Continuation Bet Sizing</a>			