

# Poker Topics

**Date:** \_\_\_\_\_

**INSTRUCTIONS:** **STEP 1:** Print this list and fill in today's date. **STEP 2:** On a scale of 1-10 (10=best), rate your competency for each poker topic in the BEFORE Rating column. **STEP 3:** Download and print the Self-Evaluation Checklist for the poker topic with the lowest rating and complete that Self-Evaluation Checklist. **STEP 4:** Rate your competency for the poker topic you just completed in the AFTER Rating column. **STEP 5:** Subtract your AFTER Rating from your BEFORE Rating and put your answer in the IMPROVEMENT column.

Repeat STEPS 3 through 5 for each topic in this list until you have completed this entire list. Good luck!

#	Poker Topic	Self-Evaluation Checklist	BEFORE Rating	AFTER Rating	IMPROVEMENT
1	3-betting (18)	<a href="https://pc.pokercoaching.com/pdf/checklist/3betting.pdf">https://pc.pokercoaching.com/pdf/checklist/3betting.pdf</a>			
2	4-betting (3)	<a href="https://pc.pokercoaching.com/pdf/checklist/4betting.pdf">https://pc.pokercoaching.com/pdf/checklist/4betting.pdf</a>			
3	adjustments (34)	<a href="https://pc.pokercoaching.com/pdf/checklist/adjustments.pdf">https://pc.pokercoaching.com/pdf/checklist/adjustments.pdf</a>			
4	aggression (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/aggression.pdf">https://pc.pokercoaching.com/pdf/checklist/aggression.pdf</a>			
5	bankroll (5)	<a href="https://pc.pokercoaching.com/pdf/checklist/bankroll.pdf">https://pc.pokercoaching.com/pdf/checklist/bankroll.pdf</a>			
6	bet size (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/betsize.pdf">https://pc.pokercoaching.com/pdf/checklist/betsize.pdf</a>			
7	big blind (14)	<a href="https://pc.pokercoaching.com/pdf/checklist/bigblind.pdf">https://pc.pokercoaching.com/pdf/checklist/bigblind.pdf</a>			
8	bluffing (5)	<a href="https://pc.pokercoaching.com/pdf/checklist/bluffing.pdf">https://pc.pokercoaching.com/pdf/checklist/bluffing.pdf</a>			
9	button (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/button.pdf">https://pc.pokercoaching.com/pdf/checklist/button.pdf</a>			
10	c-betting (8)	<a href="https://pc.pokercoaching.com/pdf/checklist/c-betting.pdf">https://pc.pokercoaching.com/pdf/checklist/c-betting.pdf</a>			
11	check-raise (8)	<a href="https://pc.pokercoaching.com/pdf/checklist/checkraise.pdf">https://pc.pokercoaching.com/pdf/checklist/checkraise.pdf</a>			
12	donk betting (3)	<a href="https://pc.pokercoaching.com/pdf/checklist/donkbetting.pdf">https://pc.pokercoaching.com/pdf/checklist/donkbetting.pdf</a>			
13	draws (3)	<a href="https://pc.pokercoaching.com/pdf/checklist/draws.pdf">https://pc.pokercoaching.com/pdf/checklist/draws.pdf</a>			
14	exploits (21)	<a href="https://pc.pokercoaching.com/pdf/checklist/exploits.pdf">https://pc.pokercoaching.com/pdf/checklist/exploits.pdf</a>			
15	GTO (16)	<a href="https://pc.pokercoaching.com/pdf/checklist/gto.pdf">https://pc.pokercoaching.com/pdf/checklist/gto.pdf</a>			
16	hand ranges (9)	<a href="https://pc.pokercoaching.com/pdf/checklist/ranges.pdf">https://pc.pokercoaching.com/pdf/checklist/ranges.pdf</a>			
17	ICM (12)	<a href="https://pc.pokercoaching.com/pdf/checklist/icm.pdf">https://pc.pokercoaching.com/pdf/checklist/icm.pdf</a>			
18	leading (5)	<a href="https://pc.pokercoaching.com/pdf/checklist/leading.pdf">https://pc.pokercoaching.com/pdf/checklist/leading.pdf</a>			
19	limpers (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/limpers.pdf">https://pc.pokercoaching.com/pdf/checklist/limpers.pdf</a>			
20	linear betting (3)	<a href="https://pc.pokercoaching.com/pdf/checklist/linear-betting.pdf">https://pc.pokercoaching.com/pdf/checklist/linear-betting.pdf</a>			

# Poker Topics

Date: \_\_\_\_\_

(Continued)

#	Poker Topic	Self-Evaluation Checklist	BEFORE Rating	AFTER Rating	IMPROVEMENT
21	mindset (10)	<a href="https://pc.pokercoaching.com/pdf/checklist/mindset.pdf">https://pc.pokercoaching.com/pdf/checklist/mindset.pdf</a>			
22	multi-way (6)	<a href="https://pc.pokercoaching.com/pdf/checklist/multiway.pdf">https://pc.pokercoaching.com/pdf/checklist/multiway.pdf</a>			
23	out of position (8)	<a href="https://pc.pokercoaching.com/pdf/checklist/outofposition.pdf">https://pc.pokercoaching.com/pdf/checklist/outofposition.pdf</a>			
24	over-betting (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/overbetting.pdf">https://pc.pokercoaching.com/pdf/checklist/overbetting.pdf</a>			
25	PioSolver (24)	<a href="https://pc.pokercoaching.com/pdf/checklist/piosolver.pdf">https://pc.pokercoaching.com/pdf/checklist/piosolver.pdf</a>			
26	PKO (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/pko.pdf">https://pc.pokercoaching.com/pdf/checklist/pko.pdf</a>			
27	postflop (34)	<a href="https://pc.pokercoaching.com/pdf/checklist/postflop.pdf">https://pc.pokercoaching.com/pdf/checklist/postflop.pdf</a>			
28	preflop (14)	<a href="https://pc.pokercoaching.com/pdf/checklist/preflop.pdf">https://pc.pokercoaching.com/pdf/checklist/preflop.pdf</a>			
29	rejamming (4)	<a href="https://pc.pokercoaching.com/pdf/checklist/rejamming.pdf">https://pc.pokercoaching.com/pdf/checklist/rejamming.pdf</a>			
30	short stack (13)	<a href="https://pc.pokercoaching.com/pdf/checklist/shortstack.pdf">https://pc.pokercoaching.com/pdf/checklist/shortstack.pdf</a>			
31	small blind (9)	<a href="https://pc.pokercoaching.com/pdf/checklist/smallblind.pdf">https://pc.pokercoaching.com/pdf/checklist/smallblind.pdf</a>			
32	study habits (8)	<a href="https://pc.pokercoaching.com/pdf/checklist/studyhabits.pdf">https://pc.pokercoaching.com/pdf/checklist/studyhabits.pdf</a>			
33	technical (9)	<a href="https://pc.pokercoaching.com/pdf/checklist/technical.pdf">https://pc.pokercoaching.com/pdf/checklist/technical.pdf</a>			
34	tells (6)	<a href="https://pc.pokercoaching.com/pdf/checklist/tells.pdf">https://pc.pokercoaching.com/pdf/checklist/tells.pdf</a>			
35	value betting (3)	<a href="https://pc.pokercoaching.com/pdf/checklist/valuebetting.pdf">https://pc.pokercoaching.com/pdf/checklist/valuebetting.pdf</a>			