



Getting good in the world of esports requires more than just practice and talent. Successful players know that the choices they make each day can make a play and win a game. The strength of your relationships, the ability to communicate, and even a good night's sleep can make the difference you need, Check-in with your choices to level up and get good by becoming NASEF G.A.M.E.R.S.

G



Have I accomplished my school and personal responsibilities for the day to ensure continual **GROWTH** and progress before game play?

E



Is my physical **ENVIRONMENT** safe, comfortable, and decluttered for game play?

A



Have I completed any movement and/or physical **ACTIVITY** prior to game play?

R



Have I nurtured my **RELATIONSHIPS** by connecting to people I love and care about prior to game play?

M



Did I get enough rest, relaxation, and sleep to recharge my **MIND** for game play?

S



Have I provided healthy **SUSTENANCE** to my body by eating and drinking enough water prior to game play?



**PLAY WELL. BE WELL.**