

NAME: _____ PER _____ DATE _____

GOALS
Worksheet 13

Long-Term Goals

My Career Goals (meaning your “career” in your sport, not your job. What do you want to accomplish in your sport before you retire from it?)

Process Goals

Outcome Goals

My Season Goals

Process Goals

Outcome Goals

Short-Term Goals

Goals for a Particular Competition

Process Goals

Outcome Goals

Goals for a Workout Week

Process Goals

Outcome Goals

Goals for a Particular Workout

Process Goals

Outcome Goals