

Goal Sheet



Name: _____

Event 1: _____ **PR:** _____ **Most Recent Season PR:** _____ **Notes**

Short Term Goal: _____ Date: _____ Date Goal Achieved: _____

Long Term Goal: _____ Date: _____ Date Goal Achieved: _____

Ultimate Goal: _____ Date: _____ Date Goal Achieved: _____

Event 2: _____ **PR:** _____ **Most Recent Season PR:** _____ **Notes**

Short Term Goal: _____ Date: _____ Date Goal Achieved: _____

Long Term Goal: _____ Date: _____ Date Goal Achieved: _____

Ultimate Goal: _____ Date: _____ Date Goal Achieved: _____

Event 3: _____ **PR:** _____ **Most Recent Season PR:** _____ **Notes**

Short Term Goal: _____ Date: _____ Date Goal Achieved: _____

Long Term Goal: _____ Date: _____ Date Goal Achieved: _____

Ultimate Goal: _____ Date: _____ Date Goal Achieved: _____

Event 4: _____ **PR:** _____ **Most Recent Season PR:** _____ **Notes**

Short Term Goal: _____ Date: _____ Date Goal Achieved: _____

Long Term Goal: _____ Date: _____ Date Goal Achieved: _____

Ultimate Goal: _____ Date: _____ Date Goal Achieved: _____