

GOAL

PLAYER _____	TEAM _____
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DESCRIBE THE GOAL

What do you want to accomplish? Why is this a goal? Be specific.

HORIZON <input type="checkbox"/> Near term <input type="checkbox"/> Mid term <input type="checkbox"/> Long term	TARGET DATE _____	ACHIEVED DATE _____
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MEASUREMENT

HOW WILL YOU MEASURE PROGRESS?

Numbers, milestones, or a specific outcome.

ACTIONS

	ACTION TO ACCOMPLISH THE GOAL	WHEN / FREQUENCY	DONE
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>

OBSTACLES

WHAT MIGHT GET IN YOUR WAY?

And how will you push through?

NOTES

COACH & PLAYER NOTES

Wins, setbacks, mid-course corrections.
