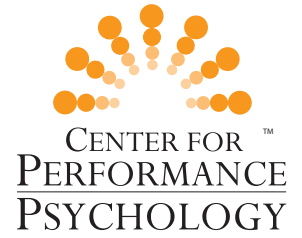


NAME: _____

POSITION: _____

AGE: _____

GOAL SETTING SHEET PYRAMID



LONG-TERM GOALS

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MEDIUM-TERM GOALS

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SHORT-TERM GOALS

WHAT?						
HOW?						
WHEN?						
TO BE COMPLETED BY:						
RECORD PROGRESS:						

NAME: Student

POSITION: Outside Linebacker

AGE: Junior

GOAL SETTING SHEET PYRAMID



CENTER FOR
PERFORMANCE
PSYCHOLOGY

LONG-TERM GOALS

Play and win state championships
& Get into a good college

MEDIUM-TERM GOALS

Become a starting outside linebacker Date: August		3.50 GPA Date: End of junior year
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SHORT-TERM GOALS

WHAT?	Increase strength in the squat and power clean by 10%	Improve speed				Get 90% or better on the next exam
HOW?	Squat 350 lbs Power clean 225 lbs	4.6 – 4.8 40-yard sprint				Make a study plan
WHEN?	4 times a week in the weight room	Sprints after school 3 times a week				2 weeks before exam study 1 hr/night
TO BE COMPLETED BY:	End of April	End of April				Next exam 3/30/10
RECORD PROGRESS:	3/16/10: Squat 325 Power clean 215	3/16/10: 5.0 40 yard time				3/16/10 Study plan completed
	3/23/10: Squat 330 Power clean 220	3/23/10: 5.0 40 yard time				3/23/10 Studied 1 hr/night every night
	3/30/10: Squat 340 Power clean 220	3/30/10: 5.0 40 yard time				3/29/10 Studied 1 hr/night every night
	4/9/10: Squat 345 Power clean 225	4/6/10: 4.9 40 yard time				Received a 92% on the exam!
	4/16/10: Squat 350 Power clean 230	4/13/10: 4.9 40 yard time				
	4/23/10: Squat 360 Power clean 235!	4/23/10: 4.8 40 yard time!				