

**2019 Goal Setting Worksheet**

**Name:**

**Event Goals:** These are goals based specifically on your performance. They relate to specific distances or heights in field events and times in running events.

*Examples* – Run X:XX for the (insert event). Jump/throw X distance for (insert event).

**List your goals below**

 1)

 2)

 3)

**Personal Goals:** These are goals that don’t have to do with performance, but what you want to get out of the season in other areas.

*Examples* – I’m going to make every Wednesday workout. I want to become a team leader. I will be positive every day at practice. I want to make new friends and become more outgoing. I want to try every event at least once.

**Write your goals below**