

MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?

S My goal is: _____
e.g. To drink more water! I will aim for 6 cups per day

M I will track my progress by: _____
e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner

A I will achieve this goal by doing the following: _____
e.g. 1. Keep a clear bottle with me so I can tell how much I've had
2. Set an alarm to remind myself to drink every 2 hours

R This goal helps me because: _____
e.g. This goal will help me to be healthier, have more energy, and help my skin

T I will complete this goal by (date): _____
e.g. I will achieve my goal by February 15th

Notes

Weekly Exercise, Nutrition and Hydration Tracking

Athlete name: _____

DATE:	SUN	MON	TUES	WED	THURS	FRI	SAT
Exercise Check box if you exercised for 30 minutes today!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
Nutrition How many fruits?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
How many vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Water How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

Fill in the star if you reached your goal this week:

Exercise 

Nutrition 

Water 