**2017 Goal Setting Worksheet**

**Frequency Commitment**

Ex. Come to Gym 3x Week OR 12x Month

My Commitment:

**Skill Commitment**

1. Outcome Goal

* Ex. Complete 5 Consecutive Kipping T2B
* My Goal:

2. Main Action Goal to Support Outcome Goal

* Ex. Spend 30 minutes skill practice 1x per week
* My Goal:

3. Biggest Challenge to Achieving Action Goal

* Ex. Open gym times don’t work with my schedule
* My Goal:

4. Strategy to Overcome This Challenge

* Ex. Schedule 30 minute practice before/after regular class workout times
* My Goal:

**Strength Commitment**

1. Outcome Goal

* Ex. 250# DL
* My Goal:

2. Main Action Goal to Support Outcome Goal

* Ex. Make all workouts with programmed deadlifts
  + My Goal:

3. Biggest Challenge to Achieving Action Goal

* Ex. Schedule conflicts
  + My Goal:

4. Strategy to Overcome This Challenge

* + Ex. Make up missed deadlift workouts in open gym
  + My Goal