NAME: POSITION: AGE:			-			
	l					
WHAT?						
HOW?						
WHEN?						
TO BE COMPLETED BY:						
RECORD PROGRESS:						
			+	1		

NAME: Student
POSITION: Outside Linebacker

AGE: Junior

GOAL SETTING SHEET PYRAMID

LONG-TERM	GOALS

CENTER FOR ™
PERFORMANCE
PSYCHOLOGY

Play and win state championships & Get into a good college

MEDIUM-TERM GOALS

Become a starting	3 50 GPA
outside linebacker	Date: End of junior year
Date: August	, ,

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!	