

First & Last Name _____

School Name _____ Class of _____

I am Motivated to Accomplish This _____

		GOAL 1 (Sport/Fitness/Nutrition)	GOAL 2 (School/Academic/Learning)	GOAL 3 (Personal/Family/Friends/Community)
MAIN GOAL	ACHIEVE THIS GOAL:			
	BY THIS DATE:			
	WHY DID YOU CHOOSE THIS GOAL?			
MINI-GOALS	LIST 4 MINI-GOALS THAT WILL HELP YOU REACH YOUR GOAL.	WEEK 1	WEEK 1	WEEK 1
		WEEK 2	WEEK 2	WEEK 2
		WEEK 3	WEEK 3	WEEK 3
		WEEK 4	WEEK 4	WEEK 4

INSTRUCTIONS TO BEGIN YOUR GOAL GAME PLAN:

STEP 1

- Choose 3 Main Goals – One in each category.
- Each of the 4 mini-goals are goals you would achieve that support reaching each Main Goal.

STEP 2

- Fill in the date you'd like to achieve each Main Goal.

STEP 3

- Briefly explain why you chose your 3 Main Goals.

STEP 4

- For each week list a mini-goal you want to accomplish.
- These mini-goals should be related to your Main Goals.

STEP 5

- Go to your "Daily Worksheet" and track your daily goals for each of your 4 weeks.
- Starting with Week 1, Fill in the date and then under the "Daily Goals Section" write down 3 goals for each day that will help you achieve your Mini-Goal for the week.
- Each day ONLY check the boxes once you complete that specific goal.

You should schedule 3 daily goals for at least 5 days during the week that correspond with each of your mini-goals for that week.

- At the end of the week, you need to determine if you have achieved your mini-goals.
- If so, circle those mini-goals on your Goal Game Plan Worksheet. If not, do not circle them.
- Repeat this process in each of the 4 weeks.

EFFORT

ATTITUDE

ENERGY

First & Last Name Ken Smith

School Name Gateway High School Class of 2021

I am Motivated to Accomplish This _____

		GOAL 1 (Sport/Fitness/Nutrition)	GOAL 2 (School/Academic/Learning)	GOAL 3 (Personal/Family/Friends/Community)
MAIN GOAL	ACHIEVE THIS GOAL:	60 Pushups	Learn more about sports nutrition-Read 40 articles	Reach out 100 times to friends/family to see how they are doing sheltering-in-place
	BY THIS DATE:	4/30/20	4/30/20	4/30/20
	WHY DID YOU CHOOSE THIS GOAL?	Exercise is a good measure of strength	Staying in touch is important during this health challenge	Staying in touch is important during this health challenge
MINI-GOALS	LIST 4 MINI-GOALS THAT WILL HELP YOU REACH YOUR GOAL.	WEEK 1 15 pushups	WEEK 1 Google and read 10 articles and importance of protein	WEEK 1 Reach out 25 times via text, call or social media contact
		WEEK 2 30 pushups	WEEK 2 Google and read 10 articles on carbs and fats	WEEK 2 Reach out 25 times via text, call or social media contact
		WEEK 3 45 pushups	WEEK 3 Google and read 10 articles on hydration	WEEK 3 Reach out 25 times via text, call or social media contact
		WEEK 4 60 pushups	WEEK 4 Google and read 10 articles on pre-game and recovery eating	WEEK 4 Reach out 25 times via text, call or social media contact

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EFFORT

ATTITUDE

ENERGY

DAILY GOALS

WEEK 1: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

WEEK 2: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

WEEK 3: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

WEEK 4: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

DAILY GOALS

EXAMPLE

WEEK 1: _____ 4/6/20

MONDAY

1: Do 5 Push ups

2: Find 2 online sources talking about importance of protein for athletes

3: Reach out to 5 friends or family members

TUESDAY

1: Do 7 push ups

2: Find 2 online sources talking about importance of carbs and good fats for athletes

3: Reach out to 5 friends or family members

WEDNESDAY

1: Do 9 push ups

2: Find 2 online sources talking about importance of carbs and good fats for athletes

3: Reach out to 5 friends or family members

THURSDAY

1: Do 11 push ups

2: Find 2 online sources talking about importance of hydration for athletes

3: Reach out to 5 friends or family members

FRIDAY

1: Do 15 push ups

2: Find 2 online sources talking about pre-game and post-game eating

3: Reach out to 5 friends or family members

WEEK 2: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

WEEK 3: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____

WEEK 4: _____

MONDAY

1: _____

2: _____

3: _____

TUESDAY

1: _____

2: _____

3: _____

WEDNESDAY

1: _____

2: _____

3: _____

THURSDAY

1: _____

2: _____

3: _____

FRIDAY

1: _____

2: _____

3: _____