

COMPLETE GAME VIRTUAL BASEBALL ACADEMY

GOAL WORKSHEET & CONTRACT

"If you don't know where you're going, you'll end up someplace else." – Yogi Berra

Athlete Name: _____

Today's Date: _____

Target Date: _____

Start Date: _____

Date Achieved: _____

NUTRITIONAL GOAL

This goal is important because:

The benefits of achieving this goal will be:

GOAL CONTRACT SIGNATURES

(Student Athlete)

(Parent or Guardian)

SMART Goal Guidelines

Specific: What exactly will you achieve?

Measurable: How will you know when you have achieved this goal?

Achievable: Can this goal be accomplished with realistic effort and commitment? Have you got the resources necessary to achieve this goal? If not, how will you acquire the necessary resources?

Relevant: Why is achieving this goal significant to your life?

Timely: When will you achieve this goal?

Potential Obstacles

Potential Solutions

Who are the people who you will ask to assist you in reaching your goal?

Name of Individual

Reason of Means of Assistance

Specific Action Items

Action Item

Planned Completion Date
