



GOAL SHEET

Student Name: _____

Date: _____

Age: _____

TRICK GOAL #1

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____

FLEXIBILITY GOAL #1

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____

TRICK GOAL #2

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____

FLEXIBILITY GOAL #2

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____

TRICK GOAL #3

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____

FLEXIBILITY GOAL #3

I want to achieve:

By (date):

To do this I will:

★ Achieved: _____