

# Annual Athlete Personal Goals Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Monthly/Annual/Lifetime Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Tasks needed to reach those goals

### Physical Conditioning

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Racing Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Racing Knowledge

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Racing Psychology

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Non-Cycling Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

