

# Goal Setting

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

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

## Physical Goals

1. \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Character Goals

1. \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_