

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. _____

