

My Goals

NW9

Gymnast: _____ Date: _____

My Top Goals

1. _____

2. _____

3. _____

4. _____

5. _____

Goal: _____.

By When: _____

At training or at home I will?

1. _____

2. _____

3. _____

Goal: _____.

By When: _____

At training or at home I will?

1. _____

2. _____

3. _____

Goal: _____.

By When: _____

At training or at home I will?

1. _____

2. _____

3. _____

Goal: _____.

By When: _____

At training or at home I will?

1. _____

2. _____

3. _____

Goal: _____.

By When: _____

At training or at home I will?

1. _____

2. _____

3. _____

Goal Setting Gymnasts

Heather E. Brown



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