

# Weekly Goal Plan

*In the long run man hits only what he aims for.* Henry David Thoreau

My Vision of Week Ahead ( Positive Accomplishments, Experiences and Activities )

Training Goals – What I Will Do: (Remember to Bracket \_\_ to \_\_ X's )

- 1.
- 2.
- 3.

Course Work Goals – What I Will Do:

- 1.
- 2.
- 3.

Work/Activity Goals – What I will Do:

- 1.
- 2.
- 3.

Recreational/Fun Goals – What I Will Do :

- 1.
- 2.
- 3.

