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: (Remmber 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.