

Your Goals and You

Your main events for this season:



What is your goal for this event:



What do you need to improve to achieve this goal (process goals):

STARTS	URNS	FITNESS	RACE PLAN	
RECOVERY	TIME MANAGEMENT	LIFESTYLE	PSYCHOLOGY	
KICK	PULL	CONSISTANCY	ATTITUDE	CONFIDENCE
	SE	SPEED	MOBILITY	S&C
NUTRITION	HYDRATION	HEALTH	SLEEP	U/W
Other: _____				
_____	_____	_____	_____	_____

What are you going to do differently to achieve your process goals:



What has stopped you from achieving these goals before:

