

# 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. \_\_\_\_\_