My name: Date:

FALL 2026

Goal Setting

SMART GOALS

Specific | Measurable | Achievable | Relevant | Time-bound

Set one focused, SMART goal in each area. Be specific about what you want to achieve, how you'll get there and when.

JUMPS

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

SPINS

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

STEPS/TURNS

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

FIELD MOVES

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

ASSESSMENTS

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

COMPETITIONS

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

MENTAL

My SMART goal:

How will I know I've achieved it?

What will I do to make it happen?

1.
2.
3.

Target date:

FOCUS WORDS