



Instructions

Goals should always be: **S** – Specific **M** – Measurable **A** – Achievable **R** – Realistic **I** – Time Bound

1. **Goal / Objective** Briefly describe each goal / objective and when the goal / objective should be met or accomplished.
2. **Measurement** How will the goal / objective be evaluated? (Use quantitative measures such as speed & endurance, versatility, specific techniques, etc.).
3. **Importance** Rank the goal as Essential, Important, or Desirable as follows:
Essential – required to address immediate performance concerns
Important – helpful for immediate or future performance concerns
Desirable – asset for current or future performance concerns

1st Goal / Objective

Description:

Measurement:

Importance: Essential Important Desirable

2nd Goal / Objective

Description:

Measurement:

Importance: Essential Important Desirable

3rd Goal / Objective

Description:

Measurement:

Importance: Essential Important Desirable

Other Specific Goals
