

SwimRVA Rapids Personal Goal Guide

Name: _____

Three Things That Create a Good Goal

- Goals must 1) Be Specific 2) Be Difficult but Attainable 3) Have a Timeline for Achievement

My Long Term Goals

- _____
- _____

My Week Goals

- _____
- _____
- _____

My Daily Checklist

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My Daily Rapids Workout	_____	_____	_____	_____	_____	_____	_____
Coach Mike Facebook Live	_____	_____	_____	_____	_____	_____	_____
Watch Coaches' Corner Video	_____	_____	_____	_____	_____	_____	_____
Fitter & Faster Webinar	_____	_____	_____	_____	_____	_____	_____
Read Daily Swim Article	_____	_____	_____	_____	_____	_____	_____
Watch Daily Race Video	_____	_____	_____	_____	_____	_____	_____
Daily Team Activity	_____	_____	_____	_____	_____	_____	_____

My Weekly Journal of Thoughts & Notes
