

S.M.A.R.T.

GOAL SETTING PRINCIPLES

Goals should be:

S: specific

M: measurable

A: adaptable & attainable

R: realistic

T: time-based

Goal Setting Worksheet #1

Student-Athlete Name: _____ Date: _____

Write down one **ACADEMIC GOAL** for this semester:

Explain how your **ACADEMIC GOAL** satisfies each principle of **SMART** goal setting below:

S: _____

M: _____

A: _____

R: _____

T: _____

Goal Setting Worksheet #2

Student-Athlete Name: _____ Date: _____

Write down **3** goals that you really want to accomplish down the road:

1. One **athletic** goal:

2. One **academic** goal:

3. One **personal** goal:

Goal Setting Worksheet #3

Student-Athlete Name: _____ Date: _____

Goal Setting Checklist

Take the **3** goals from Worksheet #2 and analyze them below by commenting on how each box applies to the stated goal.

IS IT?	Athletic Goal	Academic Goal	Personal Goal
Specific			
Measureable			
Adapt. & Attain.			
Realistic			
Time-Based			
Simple			
Challenging			