Northwood Water Polo Goal Sheet

Name:_____
Grade:_____
Email:_____
Date_____

PersonalGoals:_____
_____
_____

TeamGoals:_____
_____
_____

SMART Goals
Specific: What exactly will you accomplish?
_____
_____
_____

Measurable: How will you know when you have accomplished your goal?
_____
_____
_____

Achievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?
_____
_____
_____

Relevant: Why is this goal significant to your life?
_____
_____
_____

Timely: When will this goal be achieved?
_____
_____
_____

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