



TriLaVie® Triathlon
Goal Setting Form 2016
 Martha Szufnarowski, Founder & Head Coach



Whether you think you can or you think you can't, you are right!

Cherie Gruenfeld (and maybe Henry Ford!)

Name: _____

Date: _____ Age: _____

Finish this sentence: "I am most proud of myself because..."

My greatest athletic accomplishments so far?

My **S.M.A.R.T.** goals *specific, measurable, attainable, realistic, timely*? General, nutritional, personal, athletic

Race Goals: *setting race goals will keep you motivated and on-track with progress on all levels. Feel free to brainstorm with all your desired races. Map them out and then edit them realistically.*

What are my greatest challenges at this time?

What do I need to change/alter in order to achieve my goals and minimize the challenges?

At the end of the year, I will be happy if I have accomplished this one goal: _____

Perhaps you will put this sheet in a place where it is easily accessible and review it often!