

# GOAL SETTING WORKSHEET

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## Outcome Goals

Big things like over all time, place, PRs, qualifiers etc. The A, B, C for each means A is your top goal, the most important and exciting and far reaching. B is if things aren't perfect but something you're still happy about and C is if things don't go your way, what can you do to call it a success no matter what.

1	2	3
A	A	A
B	B	B
C	C	C

## Process Goals

For each outcome goal, you need to set small, attainable daily/weekly goals that are part of your journey to making the big outcome goals a reality. These are things like rest and recovery, hydration and fueling, strength training and stretching etc. You might even use our habit tracker for these and change them monthly throughout your training block to get the most out of yourself.
