

Heritage Timberwolves Wrestling Weekly Goal Sheet

This sheet is your weekly personal contract. It is your mission, but it will only work if you use it! Take a few minutes to write down your season, weekly, and daily goals and remember to.

Season Goals (List them each week to remind yourself of the ultimate goals for which you are training and/or to adjust as needed- remember to set target dates for each of your three goals and rate yourself on how well you think you are progressing. If you don't think you are progressing as you should be, then what is your plan of attack? Write it down!)

1.	Target Date: Progression Rating:
2.	Target Date: Progression Rating:
3.	Target Date: Progression Rating:

Weekly Goals (These are the shorter term goals that will help you strive toward your season goals- remember, they don't have to be on the mat goals.)

Week of _____

1.	Target Day: Progression Rating:
2.	Target Day: Progression Rating:
3.	Target Day: Progression Rating:

Daily Goals (These are the practice/competition goals that will enable you to improve each day-remember, they can relate to specific skills, conditioning, effort, and attitude.)

Monday

1.	
2.	
3.	

Tuesday

1.	
2.	
3.	

Wednesday

1.	
2.	
3.	

Thursday

1.	
2.	
3.	

Friday

1.	
2.	
3.	

Saturday

1.	
2.	
3.	

