



Goal Setting Worksheet

SMART goals set up you for success because they are
Specific – **M**easurable – **A**chievable – **R**elevant - **T**imely

BASKETBALL GOAL #1: _____

	Details	Measurables	Results	Deadlines
Phase 1				
Phase 2				
Phase 3				

BASKETBALL GOAL #2: _____

	Details	Measurables	Results	Deadlines
Phase 1				
Phase 2				
Phase 3				

OFF COURT GOAL: _____

	Details	Measurables	Results	Deadlines
Phase 1				
Phase 2				
Phase 3				

