



Name:		Squad:		Date:	
Phase:	Goal: <i>Choose 3 or more things that you would like to achieve or work on</i>	Process: <i>How will you achieve your goals? What support do you need?</i>	Reflection: <i>Did you achieve this goal? What would you like to do about this?</i>		
Short Term Goals (Sep-Dec) By Xmas	1.				
	2.				
	3.				
	4.				
Medium Term Goals (Sep-Apr) By Easter	1.				
	2.				
	3.				
	4.				
Long Term Goals (Apr-Aug or longer!) By end of Season	1.				
	2.				
	3.				
	4.				