

## Mind-Body Performance Practice Goal Setting Template

*\* legend below*

Practice Date: \_\_\_\_\_

Specific Goal/Achievable	Timeframe	Measurable	Accomplished: yes/not yet

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### Legend

**Goals are set for each session or day. Print the page of tables and use one table per practice/day.**

**Specific Goals/Achievable:** Identify up to 4 goals you want to achieve during this practice session/day (jumps, spins, program goals). Be specific and make sure that the goals are achievable for this practice session/day. For example: if you have just started working on a double toe loop then your goal may be *to attempt the jump rotated.*

**Timeframe:** How many attempts or how much time are you going to give yourself to work on each goal? For example: *10 attempts, 10 minutes.* How many would you like to execute successfully? *(3/10, 3 in the 10 minutes).*

**Measurable:** How will you know when you have achieved the goal? (What will you see, hear, feel?) For example: *I will know when my toe pick hits the ice and I am facing the direction of the Zamboni and my coach says 'YES'!*

**Accomplished:** Mark 'yes' if you have achieved this goal or 'not yet' if you are still working on it. You can then set it as one of your goals for your next session/day.