

Swimmer's Goal Setting | CCSC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:
Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:
Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:

*Break down your goals into specific actions. Don't just say swim harder, break it down... Lead the lane in at least one set, do not skip any laps, do not pull on lane ropes, race yourself inside a set (time yourself and aim to beat yourself in practice), etc...Don't just say, eat healthy, break it down.... Think about your eating in detail for the day and make a change: eat yogurt instead of ice cream, pick a salad instead of fries at lunch, have fruit for a snack instead of candy, etc...Don't just say, be nice, break it down....Help mom clean up after dinner, play with a younger sibling. Don't just say clean up (we all know that will be skipped) try picking a task, make your bed, pick up dirty clothes, organize your shoes in your closet, etc...