

Name:



Date:

Freestyle Performance Goal:

Hard Work Preparation- What Will You Do To Support Your Success & Achievement?  
Process Goals:

Butterfly Performance Goal:

Hard Work Preparation- What Will You Do To Support Your Success & Achievement?  
Process Goals:

Backstroke Performance Goal:

Hard Work Preparation- What Will You Do To Support Your Success & Achievement?  
Process Goals:

Breaststroke Performance Goal:

Hard Work Preparation- What Will You Do To Support Your Success & Achievement?  
Process Goals:

Individual Medley Performance Goal:

Hard Work Preparation- What Will You Do To Support Your Success & Achievement?  
Process Goals: