ATHLETE GOALJOURNAL

Tap into your Potential



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Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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SATURDAY			
FRIDAY			
THURSDAY			
WEDNESDAY			
TUESDAY			
MONDAY			
	MORNING	NOONATTA	ENENING

Wy eekly WORKOUT Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TIME:	TIME:	TIME:	TIME:
cardio	cardio	cardio	cardio
TYPE:	TYPE:	TYPE:	TYPE:
LENGTH:	LENGTH:	LENGTH:	LENGTH:
resistance	resistance	resistance	resistance
TYPE:	TYPE:	TYPE:	TYPE:
healthy habits	healthy habits	healthy habits	healthy habits
☐ STRETCHING	☐ STRETCHING	☐ STRETCHING	□STRETCHING
□ CLEAN EATING	□ CLEAN EATING	□ CLEAN EATING	□CLEAN EATING
□ WATER (8 - 8 OZ)			

WEEKLY REFLECTION FRIDAY SATURDAY SUNDAY TIME: TIME: TIME: cardio cardio cardio TYPE: TYPE: TYPE: LENGTH: LENGTH: LENGTH: resistance resistance resistance TYPE: TYPE: TYPE: healthy habits healthy habits healthy habits ☐ STRETCHING ☐ STRETCHING ☐ STRETCHING ☐ CLEAN EATING ☐ CLEAN EATING ☐ CLEAN EATING □ WATER (8 - 8 OZ) □ WATER (8 - 8 OZ) □ WATER (8 - 8 OZ)

WEEKLY LOG SHEET

CHALLENGES & IMPROVEMENT STRATEGIES:

ADDITIONAL THOUGHTS:

RATE YOUR WEEKLY EFFORT (each spoke is one day)



Weekly REVIEW and Reflection

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	Master the week. Then just keep doing that every week.
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Weekly MINDSET Practice

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"If you change the way you look at things the things you look at change." -Wayne Dyer

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LENGTH:	LENGTH:	LENGTH:	LENGTH:
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TYPE:	TYPE:	TYPE:	TYPE:
healthy habits	healthy habits	healthy habits	healthy habits
☐ STRETCHING	☐ STRETCHING	☐ STRETCHING	□STRETCHING
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WEEK OF:

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OBSTACLES don't have to stop you. If you run into a wall, don't turn around and give up.

Figure out how to climb it, go through it, or work around it.

- MICHAEL JORDAN

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May 2020

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Tuesday	28	5	12	19	26		2		
Monday	27	4	11	18	25	Memorial Day	1		endarpedia.com
Sunday	26	က	10	17	24		31		© Calendarpedia® www.calendarpedia.com

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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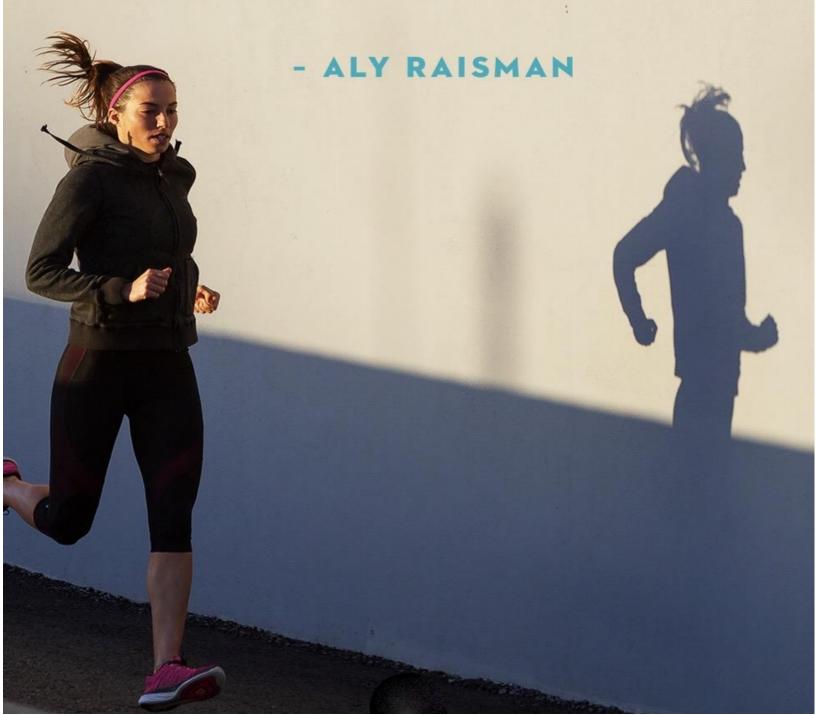
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-Wayne Dyer

WEEK OF:



The hard days are what make you stronger.



Calendarpedia Your source for calendars

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					Independence Day (observed)	Independence Day
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Weekly GOALS & Steps



My sally SCHEDULE at-a-games

SUNDAY			
SATURDAY			
FRIDAY			
THURSDAY			
WEDNESDAY			
TUESDAY			
MONDAY			
	MORNING	NOONATTA	ENENING

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■ WEEK 0F:

Weekly WORKOUT Plan

WEDNESDAY **THURSDAY** MONDAY TUESDAY TIMF: TIMF: TIME: TIME: cardio cardio cardio cardio TYPE: TYPE: TYPE: TYPE: LENGTH: LENGTH: LENGTH: LENGTH: resistance resistance resistance resistance TYPE: TYPE: TYPE: TYPE: healthy habits healthy habits healthy habits healthy habits ☐ STRETCHING □ STRETCHING □ STRETCHING ☐ STRETCHING □ CLEAN EATING □CLEAN EATING □ CLEAN EATING □ CLEAN EATING □ WATER (8 - 8 OZ) П

WEEKLY REFLECTION SATURDAY FRIDAY SUNDAY TIME: TIME: TIME: cardio cardio cardio TYPE: TYPE: TYPF: LENGTH: LENGTH: LENGTH: resistance resistance resistance TYPE: TYPE: TYPE: healthy habits healthy habits healthy habits □ STRETCHING ☐ STRETCHING ☐ STRETCHING ☐ CLEAN EATING □ CLEAN EATING □ CLEAN EATING □ WATER (8 - 8 OZ) □ WATER (8 - 8 OZ) □ WATER (8 - 8 OZ)

WEEKLY LOG SHEET

CHALLENGES & IMPROVEMENT STRATEGIES:

ADDITIONAL THOUGHTS:

RATE YOUR WEEKLY EFFORT (each spoke is one day)



Weekly REVIEW and Reflection

	S I MADE THIS WEEK
	Master the week. Then just keep doing that every week.
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OGRESS	I DIDN'T MAKE THIS WEEK
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● WEEK OF:

Weekly MINDSET Practice

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WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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	MORNING	NOONATTA	ENENING

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● WEEK OF:

Weekly MINDSET Practice

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Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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● WEEK OF:

Weekly MINDSET Practice

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WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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Weekly WORKOUT Plan

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Weekly MINDSET Practice

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"If you change the way you look at things the things you look at change." -Wayne Dyer

WEEK OF:



Calendarpedia Your source for calendars

July 2020

Saturday	4	Independence Day	11	18	25	_	Data provided 'as is' without warranty
Friday	3	Independence Day (observed)	10	17	24	31	÷
Thursday	2		6	16	23	30	
Wednesday	-		8	15	22	29	
Tuesday	30		2	14	21	28	
Monday	29		9	13	20	27	endarpedia.com
Sunday	28		2	12	19	26	© Calendarpedia® www.calendarpedia.com

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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■ WEEK 0F:

Weekly WORKOUT Plan

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WEEKLY LOG SHEET

CHALLENGES & IMPROVEMENT STRATEGIES:

ADDITIONAL THOUGHTS:

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Weekly REVIEW and Reflection

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	Master the week. Then just keep doing that every week.
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● WEEK OF:

Weekly MINDSET Practice

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"If you change the way you look at things the things you look at change." -Wayne Dyer

WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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Weekly WORKOUT Plan

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WEEKLY LOG SHEET

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Weekly REVIEW and Reflection

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● WEEK OF:

Weekly MINDSET Practice

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WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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Weekly WORKOUT Plan

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● WEEK OF:

Weekly MINDSET Practice

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WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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Weekly MINDSET Practice

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Weekly GOALS & Steps



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WEEK OF:

TOUGH TIMES don't last TOUGH TEAMS DO

Calendarpedia Your source for calendars

August 2020

Saturday	1	8	15	22	29	5	Data provided as is' without warranty
Friday	31	7	14	21	28	4	
Thursday	30	9	13	20	27	8	
Wednesday	29	5	12	19	26	2	
Tuesday	28	4	11	18	25	_	
Monday	27	3	10	17	24	31	ndamedia com
Sunday	26	2	6	16	23	30	© Calendamedia® www.calendamedia.com

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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■ WEEK 0F:

Weekly WORKOUT Plan

WEDNESDAY **THURSDAY** MONDAY TUESDAY TIMF: TIMF: TIME: TIME: cardio cardio cardio cardio TYPE: TYPE: TYPE: TYPE: LENGTH: LENGTH: LENGTH: LENGTH: resistance resistance resistance resistance TYPE: TYPE: TYPE: TYPE: healthy habits healthy habits healthy habits healthy habits ☐ STRETCHING □ STRETCHING □ STRETCHING ☐ STRETCHING □ CLEAN EATING □CLEAN EATING □ CLEAN EATING □ CLEAN EATING □ WATER (8 - 8 OZ) П

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WEEKLY LOG SHEET

CHALLENGES & IMPROVEMENT STRATEGIES:

ADDITIONAL THOUGHTS:

RATE YOUR WEEKLY EFFORT (each spoke is one day)



Weekly REVIEW and Reflection

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	Master the week. Then just keep doing that every week.
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Weekly MINDSET Practice

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"If you change the way you look at things the things you look at change." -Wayne Dyer

WEEK OF:

Weekly GOALS & Steps



My sally SCHEDULE at-a-games

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FRIDAY			
THURSDAY			
WEDNESDAY			
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Weekly BRAIN DUMP Journal

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What lies behind us and what lies before us are liny mallers compared to what lies within us. ~Ralph Waldo Emerson



