

Goal Setting Worksheet

Step\Immediate Goals – *On March 5th I will run the 5k in a time of 21:00*

1

2

3

Current Program Goals – *On August 8th, 2012 I will run the full marathon in a time of 3:15:00*

1

2

3

Career Goals – *I will run the full marathon in under 3 hours. On my 56th birthday, I will have completed 56 half marathons.*

1

2

3

Signature: _____

Current Date: _____