

Name:_____ **Grade:**____ **Tri:**_____

Strength and Conditioning Goal Sheet

**What is the truthful reason that you took this class?
Be thoughtful with your answer and use complete
sentences.**

**List 2 short-term goals that you have for yourself by
the end of this strength and conditioning class:**

- 1.)**_____
- 2.)**_____

List 2 improvements that you have for yourself:

- 1.)**_____
- 2.)**_____

