

WEEKLY GOAL SETTING

In Week ____, _____ (dates) my goals are:

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Tip of the week

Nutrition Tip

Choose a variety of low-fat meat and alternatives, such as different kinds of fish, chicken, turkey, pork, beef, and beans, peas and lentils.

Strength & Conditioning Tip

Working your abdominal muscles will help you stay strong in sport, and will also help you with every day activities.

Mental Training Tip

How you feel and what you say to yourself will impact your performance – training your thoughts and emotions to help you perform takes time...keep working on it!