

# Luthy's Recreation Goal Sheet


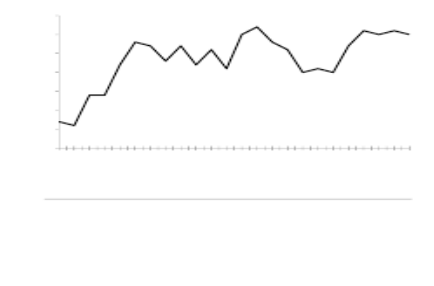

Date:

**Goal :**

I will improve my soccer skills by juggling 3 times a week, for 20 minutes each, so that I can juggle the ball 500 times in a row.

Complete by



<p><u>Step 1:</u></p>		<p>Decide on regular days and times. Put in phone - alarm &amp; calendar.</p>	
<p><u>Step 2:</u></p>		<p>Make a Progress sheet and track after each session. Improve at least 25 juggles a week.</p>	
<p><u>Step 3:</u></p>		<p>Pay attention to mistakes (identify) and watch videos or talk to soccer friends to correct mistakes.</p>	

# Recreation/Exercise - Goal Sheet

## Directions:

1. Discuss what recreational/exercise goal your student wants to work on (help with ideas/choices as needed).
2. Find & insert pictures in the **second column** (by searching for an appropriate image in “google images”) - **copy** the image **and paste** the **image**.
3. In the **third column**, **write** in the **goal and steps**. Make sure that the goals and steps are *SMART* goals: *Specific, Measurable, Achievable, Realistic, and Timely* (see my example).
4. Write in a date when the steps and goal will be completed.

<b><u>Goal :</u></b>			<u>Complete by:</u>
<b><u>Step 1:</u></b>			
<b><u>Step 2:</u></b>			
<b><u>Step 3:</u></b>			