

SUMMER 2020 GOALS

BIG-PICTURE GOALS:

1. _____

2. _____

3. _____

4. _____

5. _____

SUMMER 2020 GOALS

(PROCESS-ORIENTED EXAMPLE)

LIFE	SPORT	CAREER/ACADEMIC
Foster friendship	Play volleyball everyday, or touch a ball for a minimum of thirty minutes each day	Find an internship for next spring
Get at least 8 hrs of sleep each night	Fuel my body for optimal performance	Get an A in Sports Marketing class
Practice patience with my family	Complete every rep of every workout	Get a B- or better in Biology 101
Commit to the process and follow through with my summer plans	Sprint 3x per week to improve explosiveness and vertical jump	Learn the basics of video editing (for fun)
	Improve flexibility, mobility, and muscle recovery	

SUMMER 2020 GOALS

(ACTION PLAN EXAMPLE)

LIFE	SPORT	CAREER/ACADEMIC
<p>Goal: Foster Friendship</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Call, FaceTime, or meet up with a girlfriend once per day • Send a handwritten note to a girlfriend once per week 	<p>Goal: Play volleyball everyday</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Reach out to club team or nearby university for reps • Find an old teammate to play with • Pass balls against a wall, set to self, or hit against wall for 30 mins a day 	<p>Goal: Find a spring internship</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Find three organizations I'd be interesting in working with • Volunteer with a similar organization before spring • Write an email to inquire about volunteer opportunities
<p>Goal: Get 8hrs of sleep per night</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Be in bed by 11:00 pm each night, wake up before 9:15 am. 	<p>Goal: Fuel for optimal performance</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Eat 3 nutrient-dense meals a day • Avoid process, fried, sugary foods during week • Drink a gallon of water a day 	<p>Goal: Get an A in Sports Marketing</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Dedicate 2 hrs per day to studying and reading course material • Visit online office hrs once per week
<p>Goal: Be patient with family</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Breathe and think before responding. • Spend 20 mins each day calling or meeting with a family member 	<p>Goal: Complete every rep or every workout</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Do every workout with a good attitude and do it the best I can 	<p>Goal: Get a B- or better in Bio 101</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Dedicate 2 hrs per day to studying and reading course material • Visit online office hrs once per week
<p>Goal: Follow through with summer plans</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Keep an open mind • Take pride in my actions • Remember my why & never give up! 	<p>Goal: Sprint 3x per week to improve explosiveness & vertical jump</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Do 10, 40 yd sprints at 100% effort (M,W,F) 	<p>Goal: Learn the basics of video editing</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Watch Youtube tutorials on iMovie • Collect footage over the summer to use in video project • Share with friends!
<p>Goal:</p> <p>Action Plan:</p>	<p>Goal: Improve flexibility, mobility, and muscle recovery</p> <p>Action Plan:</p> <ul style="list-style-type: none"> • Intentional warmups before each workout • Stretch/foam roll 20 min per day • Ice joints 3x per week • Buy a foam roller or pvc pipe 	<p>Goal:</p> <p>Action Plan:</p>

SUMMER 2020 WEEKLY SCHEDULE

DAY: TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM					
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM					
7:00 PM					

Weekly Schedule (Example)

DAY: TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM					
9:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 AM	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
11:00 AM	Sprints	Stretch/Foam Roll	Sprints	Stretch/Foam Roll	Sprints
12:00 PM	Stretch/Foam Roll		Stretch/Foam Roll		Stretch/Foam Roll
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 PM	Nap	Nap	Nap	Nap	Nap
3:00 PM	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time
4:00 PM	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time	Study/Rest/ Free Time
5:00 PM					
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner