

Name: \_\_\_\_\_

Tadcaster Swim Squad

My Goal is:

My target date to accomplish my goal by is:

To reach my goal I will do these three things:

- 1).....
- 2).....
- 3).....

I will know when I have achieved this goal because:.....  
.....  
.....

The two things that will help me to stay on target for achieving my goal are:

- 1).....
- 2).....