

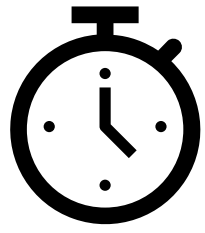


Progress Tracker for Youth

Stay Strong: Work on skill development with these tips and worksheet

SET YOUR GOAL

Try and be specific! Focus on one skill or activity that you want to develop or improve on



HOW WILL YOU TRACK IT?

Maybe it's doing one more push up each day or timing yourself while you run around your neighbourhood. Try and find something you record so that you can see your improvement!

BE REALISTIC

Everyone wants to be a professional athlete but we know this won't happen in one day! Try and come up with a smaller goal to guide you to a bigger dream. If you want to be an NBA player in the future, you can improve your dribbling skills now to get you there!



REWARD YOURSELF

Improving on yourself and your skills is a lot of work. Make sure to take the time to celebrate your progress no matter how small! This will motivate you to keep on going!



**PROGRESS TRACKER
WORKSHEET**

Name: _____

My goal is:

Steps to reaching my goal:

1. _____

2. _____

3. _____

4. _____

Two things that will help me reach my goal:

1. _____

2. _____

Goal completion date: _____

I will know I have reached my goal when:

