

Athlete Action Plan

Name: _____ Date: _____

What do I want? List goals in specific terms.	What am I doing to get what I want?	Is it helping? YES? NO?
1)	1)	1)
2)	2)	2)
3)	3)	3)
What are MY plans to get what I want? (Simple, specific, realistic, and a "do" plan)		Am I committed to follow my plan? YES? NO?
1)		1)
2)		2)
3)		3)
What excuses do I usually make? How do I often sabotage my plans?	What are the POSITIVE consequences of doing my plan?	
1)	1)	
2)	2)	
3)	3)	

Reevaluation Date: _____

Athlete's Signature

Sport Psychologist's Signature

My challenge is to bridge the gap that exists between where I am now and the goals I intend to reach.