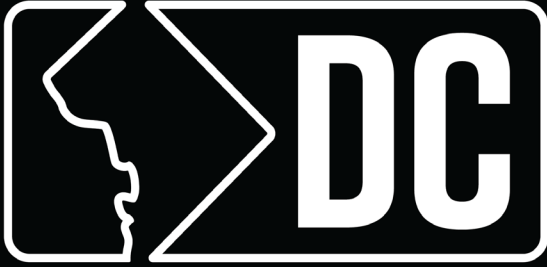


CROSSFIT



Goals Worksheet

Set 1-3 goals for a year (more does not mean better).
If you accomplish them faster than anticipated,
critically evaluate your progress and set new goals.

IN 12 MONTHS, I WILL BE ABLE TO:

1	
2	
3	

HOW TO ASSESS YOUR GOALS

Have met your goal - Ask yourself:

- Was my baseline appropriately gauged?
- Did I under or overestimate myself?

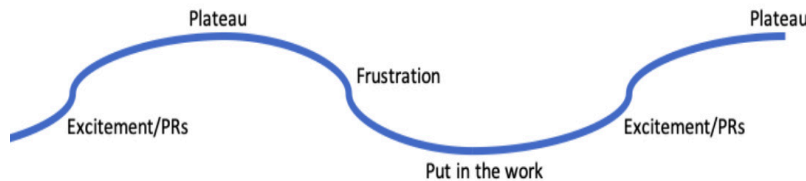
Look at the progressions for the movement or skill you're working on and select the goal for the next level, set a realistic goal. If you're not sure what this looks like, ask a coach.

Haven't met your goal:

- Attend skill workshops.
- Go to open gym and work on the development or RX+ skill progressions.
- Talk to coaches.
- Take a private training session with a coach specifically focused on that skill or movement.

WHAT TO EXPECT AS YOU PROGRESS

You're going to face your share of ups and downs.
It generally looks like this:

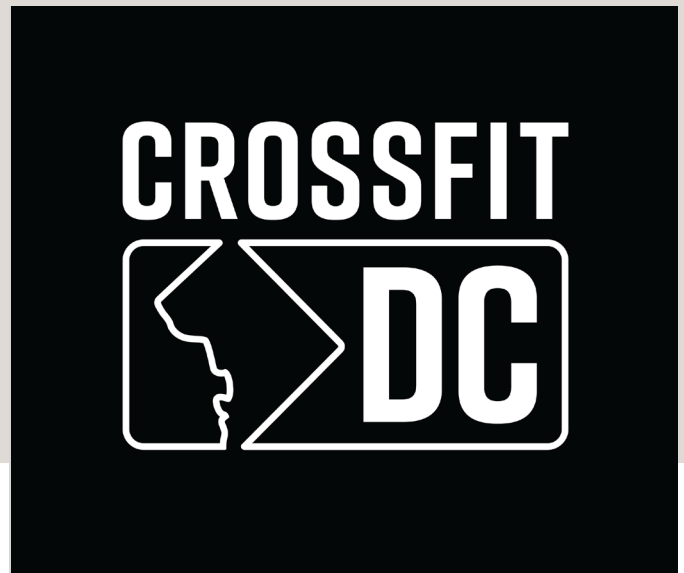


The pace of this cycle is different for everyone. Just know that this is what it looks like and be prepared for the plateaus and the frustration.

When you plateau:

- Evaluate your progress, identify where you're stuck and what may be holding you back.
- Take advantage of the resources that the gym offers to help you break through your plateau (skill workshops, Open Gym, developmental and Rx+ progressions, talk to coaches, skill-focused private training session).

Goals Worksheet



HOW TO FILL IN YOUR 12 MONTH GOAL SHEET

Start by filling out month 12 with your ultimate goals, then work backwards by filling in an initial idea of where you'd like to be at month 6 and month 3. Month 1 should consist of a baseline for the movement/s. A coach can help you with realistic targets for the month markers if you are unsure. Refer back to this sheet to assess where you are in your progress and reset your incremental goals as needed.

<p>Month 1: _____ Set baselines and record workouts in SugarWOD. E.g., pullup baseline: band-assisted pullups with the medium band; BMU baseline: 10 unbroken pullups.</p>	
<p>Month 3: _____ Determine realistic incremental goals for 3 months.</p>	
<p>Month 6: _____ Set realistic incremental goals for 6 months based on your 3 month goals.</p>	
<p>Month 12: _____ Met or not met. Look at cheat sheet on the other side of this page for how to evaluate your progress.</p>	