

Name: _____

Goal Sheet



Start date/End date: _____

Short Term (4 weeks)	E.g. To increase the depth of my slice backhand when neutralizing from the back of the court		
Mid Term (12 weeks)	E.g. To increase the % of points won on my first serve		
Long Term (24 weeks)	E.g. To improve my County ranking from #25 to #5		