

MY GOAL:

Monthly Review

How many sessions were successfully completed in the last 4 weeks?

^a

How many sessions were *planned* in the last 4 weeks?

^b

How many Mini Goals did you achieve in the last 4 weeks?

$a \div b$ then $\times 100$ gives you your percentage score. Write it here Can you beat this next time?

What progress have you made? -

Hopefully you have a measurable goal so you can track your progress (time/distance/weight/power etc). If not, start now!

What worked well for you in the last month and what are you proud of?

Is there anything you can change or do differently to improve your training or organisation?

Ask yourself these questions:

Is the level of challenge right for you? Are your finding this too easy or too hard?

Are you still motivated by your main goal? If not how can you change it so that you are?

Why do I want to achieve this goal? Give this some thought - it will motivate you to keep going!

Priorities for next month: Look back at this review and your Steps to Success to help with this.