



Set SMART Goals:



Goal Example: I want to decrease the number of breaths I take in a 50 Yd Freestyle by 2 breaths in 2 months. I.E. Dropping 2 out of 6 breaths total take in my 50 YD freestyle (drop 1 per 25 YD).

- Specific** Ex: I want to decrease the number of breaths I take in a 50 Yd freestyle (drop 2 out of 6 breaths).
- Measurable** Ex: I want to decrease the number of breaths I take in a 50 Yd freestyle (drop 2 out of 6 breaths) in 2 months.
- Adjustable** Ex: I want to decrease the number of breaths I take in a 50 Yd freestyle (drop 2 out of 6 breaths) in 2 months (you can change the time, percentage or #, and target date).
- Realistic** Ex: Making sure that decreasing 2 breaths in 2 months is a reasonable, challenging, but reachable amount and time to reach your goal. It will depend on the current number of times you can decrease it consistently, technique, effort, practice, and time to build endurance and confidence.
- Timed** Ex: This is a timed goal because it allows 2 months to work towards decreasing the number of breaths you take, which is a specific time frame to complete and work towards your goal.

My Goals (short-term, mid-range, long-term):

1. _____
2. _____
3. _____

Types of goals:

Outcome goal: *winning or beating someone.*

Ex: I want to have the quickest time on my team or be at the front of my lane for each set.

Process goal: *specific actions in performance.*

I.E. I will focus on using my breaths more effectively and challenge myself to do less each time.

Performance goal: *improving your performance.*

I.E. I want to decrease my 50 Yd freestyle by 2 seconds by 5% & get _____ time.
