



GOAL SETTING WORKSHEET

for Runners

What is your top running priority this year?

WHY is this your top priority? (Be clear and specific.)

**What are your running goals for each quarter of the year?
(Spring, Summer, Fall, Winter)**

1.

2.

3.

4.

HOW are you going to achieve your top running goal? + What might make it hard?





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What are your monthly running goals?

January:

July:

February:

August:

March:

September:

April:

October:

May:

November:

June:

December:

WHAT do you need to get/gather to help you start on your running goals? (shoes? journal? training plan?)