

## **Martial Arts Goals Worksheet**

Use this worksheet to set and track your martial arts competition goals. Fill in each section with specific and measurable objectives to guide your training journey.

Goal Type	Specific	Target Date	Action Steps	Progress	Adjustments
	Goal			Tracking	Needed?
Long-Term					
Goal					
Short-Term					
Goal 1					
Short-Term					
Goal 2					
Short-Term					
Goal 3					