

Goal Profile

Pull out a blank sheet of paper and a pen/pencil. On the sheet of paper write down:

1. Two of your Athletic Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
2. Two of your Academic Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
3. Two of your Personal Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
4. Two Incentives you would like to earn using your AutoPilot Points
 - a. How many AutoPilot Points do you need to get these Incentives?
 - b. How do you plan on earning that many Points?
 - c. Where you able to find anything that may help you perform better on Eastbay.com?

Show this page to your potential accountability partners while you are conducting an appointment. It will help them understand what you are trying to accomplish so they can help/support you more efficiently.