

MY BREATH GOALS

DATE:

MEDICAL NOTES:

“A goal should scare you a little, and excite you alot!”

WHAT DO I WANT TO GET OUT OF THIS COURSE?

Is my goal specific, measurable, achieveable, realistic and time-bound?

WHAT'S MY PRIORITY?

HOW WILL I BLOCK
TIME TO TRAIN?

MIDWAY: HOW AM I
DOING?

END: HOW DID I DO?