



Name: \_\_\_\_\_

Individual Season Goals Worksheet

**Overall Goals For Rider This Year: ranked by importance**

(upgrade, X# of race wins, specific race wins, BAT/BAR, find \$\$ Sponsors, etc)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top 4 "A" Events This Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Top 4 "B" Events This Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Biggest limiters and training improvements needed to reach those goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Race skills & abilities needed in order to reach above goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Individual racing psychology needed to reach those goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Risks that must be taken to reach those goals (lifestyle, training risks, race risks, etc):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_