



USMAC Student Goals

Grandmaster Lee believes goal setting is an essential part of helping students strive in their success as Taekwondo students and in their personal lives. Please take a few minutes to fill out this goal sheet. Set smaller goals each week to help you achieve your long term goals.

Student's Name _____

School Goals

Ex. I want to read 10 books

1. _____
2. _____
3. _____

Tae Kwon Do Goals

Ex. I want to be able to do the splits (all kids should have this goal!)

1. _____
2. _____
3. _____

Home Goals

Ex. I will feed the dog everyday without being asked

1. _____
2. _____
3. _____

Date I want to accomplish my goal

On my goal date how far am I?

Date actually accomplished

- 1=Made it
- 2=Almost there
- 3=Still working on it
- 4=Long way to go
- 5=Haven't started

Date I want to accomplish my goal	On my goal date how far am I?	Date actually accomplished
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I promise to work hard to achieve these goals!

I promise to help my child achieve these goals

Student's Signature

Date

Parent's Signature

Date