Universal goal tracker, all ages

TRACK MY PROGRESS

ROOTED ACADEMY

NAME _____ TEAM / CLUB _____ SEASON _____

My goal: _____ I'm tracking: ☐ Daily ☐ Weekly ☐ Monthly ☐ By season

DATE OR WEEK	WHAT I WORKED ON	WHAT I NOTICED	DONE
			○
			○
			○
			○
			○
			○
			○
			○
			○
			○

Parent role: Ask what got better. Not: Did you hit it?