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2013-2014 Goal Sheet

| | | |
|---------------|------------|----------|
| Last Name | First Name | MI |
| Address | | |
| City | State | Zip Code |
| Date of Birth | Gender | Grade |

| Check | Event | Goal |
|--------------------------|-----------------------|---|
| <input type="checkbox"/> | 55 Meter Goal | Today _____ (date) I ran a 55 meter race in _____ seconds. Next month my goal is to run a the 55 meters in under _____ seconds. |
| <input type="checkbox"/> | 200 Meter Goal | Today _____ (date) I ran a 200 meter race in _____ seconds. Next month my goal is to run 200 meters in under _____ seconds. |
| <input type="checkbox"/> | 400 Meter Goal | Today _____ (date) I ran a 400 meter race in _____ seconds. Next month my goal is to run 400 meters in under _____ seconds. |
| <input type="checkbox"/> | One Mile Goal | Today _____ (date) I ran a mile in _____ minutes and _____ seconds. Next month my goal is to run a mile in under _____ minutes. |
| <input type="checkbox"/> | Long Jump Goal | Today _____ (date) jumped _____ feet and _____ inches. Next month my goal is to jump over _____ feet. |
| <input type="checkbox"/> | Distance Goal | The longest distance I have ever run is _____. I did that on _____ (date) at _____ (course/race). By the end of the season my goal is to run _____ (distance) without stopping. |
| <input type="checkbox"/> | Other | |

Child's Name (PRINT): _____

Parent's or Guardian's Signature _____ Date: _____

Coach's Signature: _____ Date: _____