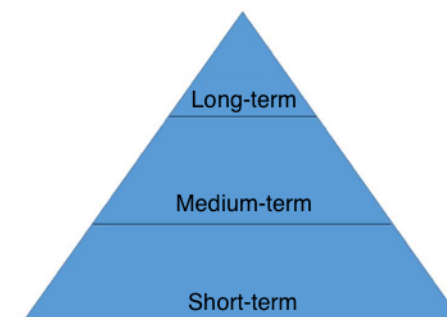


Long-term objective (end of cycle):



<p>1st medium-term goal</p> <p style="text-align: right;">Date I want to accomplish my goal: _____</p>	<input type="checkbox"/> Boxing <input type="checkbox"/> Technical <input type="checkbox"/> Tactical <input type="checkbox"/> Fitness <input type="checkbox"/> Psychological <input type="checkbox"/> Personal <input type="checkbox"/> Nutritional <input type="checkbox"/> Other
---	---

SHORT-TERM GOAL <small>*written in the positive *insist on actions required</small>	ACTIVITIES <small>What I will do to reach my goal</small>	EVALUATION	Result of the evaluation
		Mean of evaluation: When (frequency):	My evaluation: Coach's evaluation:
		Mean of evaluation: When (frequency):	My evaluation: Coach's evaluation:

2nd medium-term goal

- Boxing**
 - Technical**
 - Tactical**
- Fitness**
- Psychological**
- Personal**
- Nutritional**
- Other**

Date I want to accomplish my goal: _____

SHORT-TERM GOAL *written in the positive *insist on actions required	ACTIVITIES What I will do to reach my goal	EVALUATION	Result of the evaluation
		Mean of evaluation: When (frequency):	My evaluation: Coach's evaluation:
		Mean of evaluation: When (frequency):	My evaluation: Coach's evaluation: