12 Week Year Plan

Start Date End Date

My goals:

|  |  |
| --- | --- |
| Goal 1 |  |
| Tactics/Actions |  | Due Date |
| 1 |  | [ ]  |  |
| 2 |  | [ ]  |  |
| 3 |  | [ ]  |  |
| 4 |  | [ ]  |  |
| 5 |  | [ ]  |  |
| 6 |  | [ ]  |  |
| 7 |  | [ ]  |  |
| 8 |  | [ ]  |  |
| 9 |  | [ ]  |  |
| 10 |  | [ ]  |  |

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| --- | --- |
| Goal 2 |  |
| Tactics/Actions |  | Due Date |
| 1 |  | [ ]  |  |
| 2 |  | [ ]  |  |
| 3 |  | [ ]  |  |
| 4 |  | [ ]  |  |
| 5 |  | [ ]  |  |
| 6 |  | [ ]  |  |
| 7 |  | [ ]  |  |
| 8 |  | [ ]  |  |
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| 10 |  | [ ]  |  |

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| --- | --- |
| Goal 3 |  |
| Tactics/Actions |  | Due Date |
| 1 |  | [ ]  |  |
| 2 |  | [ ]  |  |
| 3 |  | [ ]  |  |
| 4 |  | [ ]  |  |
| 5 |  | [ ]  |  |
| 6 |  | [ ]  |  |
| 7 |  | [ ]  |  |
| 8 |  | [ ]  |  |
| 9 |  | [ ]  |  |
| 10 |  | [ ]  |  |