

FOFTA SMART Goal Sheet

A goal without a plan is just a wish.

Why Set Goals in Tennis?

Setting goals gives you focus, direction, and motivation. Your goals connect today's effort with tomorrow's results. At FOFTA, we believe: Hope is the foundation of where you want to be with your tennis in the future (long-term goal). Faith, effort, and persistence make it real.

Your long-term goal will be broken into smaller short-term goals. These shorter goals will be based on each player's needs and current situation.

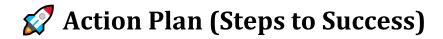
♦ My HOPE (long-term goa	l) for my tennis is:	r my tennis is:		

Hope fuels effort. Effort builds results.



 $Turn\ your\ HOPE\ into\ specific,\ achievable\ goals.$

S — Specific: What exactly do you want to achieve (short or mid-term)?
♦ M — Measurable: How will you know when you've reached this goal?
✓ A — Achievable: Is this realistic for you right now? What makes it possible?
R — Relevant: Why is this important to you? How does it connect to your Hope?
☑ T — Time-bound: By when do you want to reach this goal?



Translate your measurable goal into daily actions.

Small steps lead to big breakthroughs.

Drills & Exercises I Will Practice:
31 Weekly Habits I Will Commit To:
Checkpoints: How I will track progress:
Support & Accountability: Who can help me stay on track?
♦ Review Date:

Weekly Progress Tracker

Week of:	Target sessions this week:
----------	----------------------------

Date	Focus Area 🥑	Drills / Exercises	Outcome (/2)
y Wins	This Week:		
Next	Steps for Improve	ement:	