



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 goal) for my tennis is:**

 *Hope fuels effort. Effort builds results.*



SMART Goal Framework

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?



Action Plan (Steps to Success)

Translate your measurable goal into daily actions.



Drills & Exercises I Will Practice:



Weekly Habits I Will Commit To:



Checkpoints: How I will track progress:



Support & Accountability: Who can help me stay on track?

◆ Review Date: _____



Small steps lead to big breakthroughs.



Weekly Progress Tracker

Week of: _____ Target sessions this week: ____

Date	Focus Area 	Drills / Exercises	Outcome ( /2)



Wins This Week:



Next Steps for Improvement:
