



My Whole-Person Goals

Example: Be able to play a whole game of netball

Starting: Can play less than one quarter of a game (only sub on briefly)

One-quarter: Can play a full quarter of a game

Halfway: Can play half a game

Three-quarters: Can play three full quarters of a game

Reached: Can play entire game (no need to be subbed off at all)

Goal 1: _____

Starting: _____

One-quarter: _____

Halfway: _____

Three-quarters: _____

Reached: _____

Goal 2: _____

Starting: _____

One-quarter: _____

Halfway: _____

Three-quarters: _____

Reached: _____

Goal 3: _____

Starting: _____

One-quarter: _____

Halfway: _____

Three-quarters: _____

Reached: _____

Goal 4: _____

Starting: _____

One-quarter: _____

Halfway: _____

Three-quarters: _____

Reached: _____