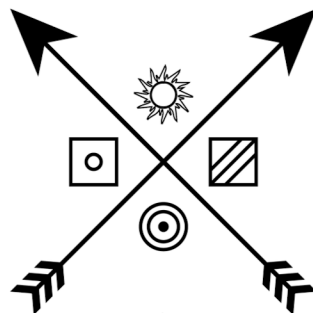


TRIBE  
ATHLETICS™

2023

*Stretch Goal*  
PLANNER



# 2023

## JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MY 2023

# *Stretch Goals*

## BIG GOALS

**#1:**

**#2:**

**#3:**

**#4:**

## SMALL GOALS

**#1:**

**#2:**

**#3:**

BIG GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

\_\_\_\_\_

# *Breakdown*

*In words*

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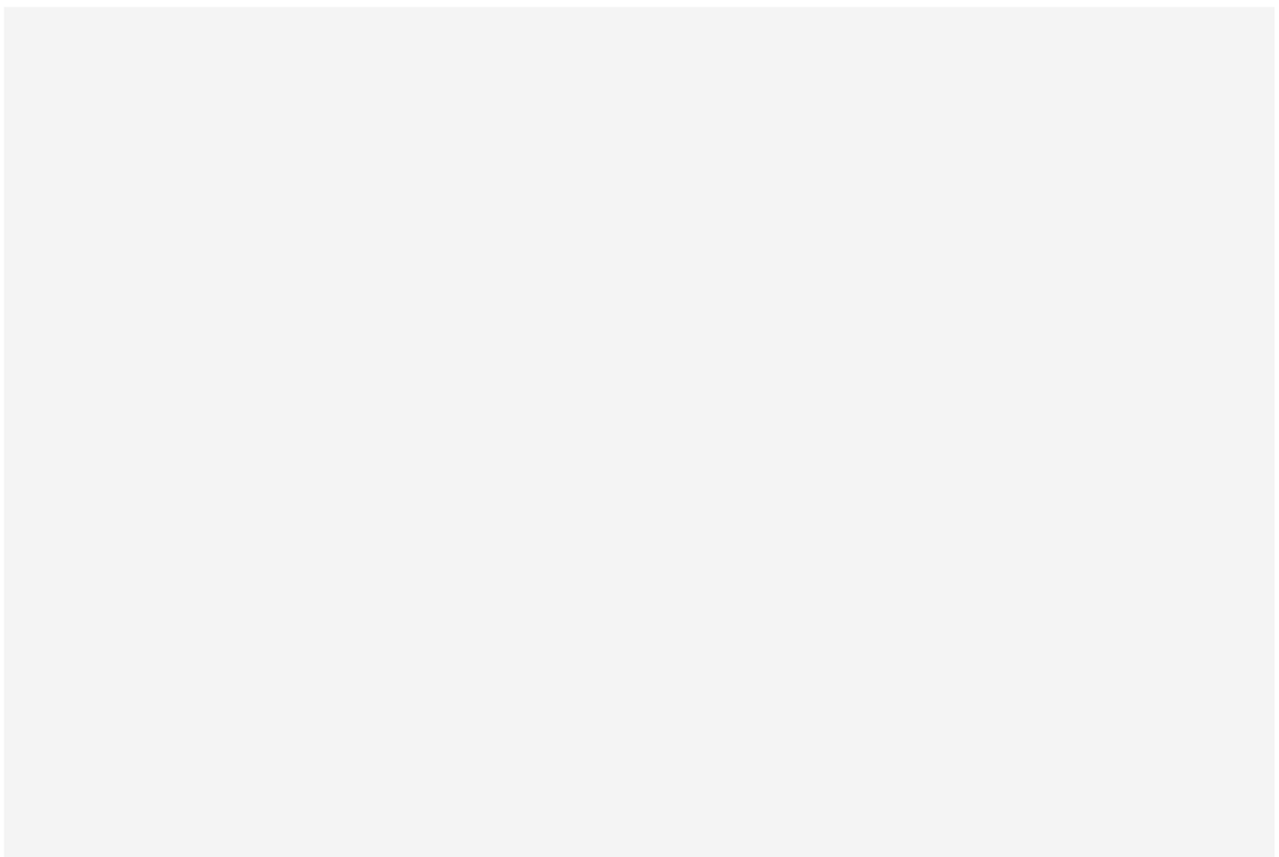
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*In picture*



BIG GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

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# *Breakdown*

*In words*

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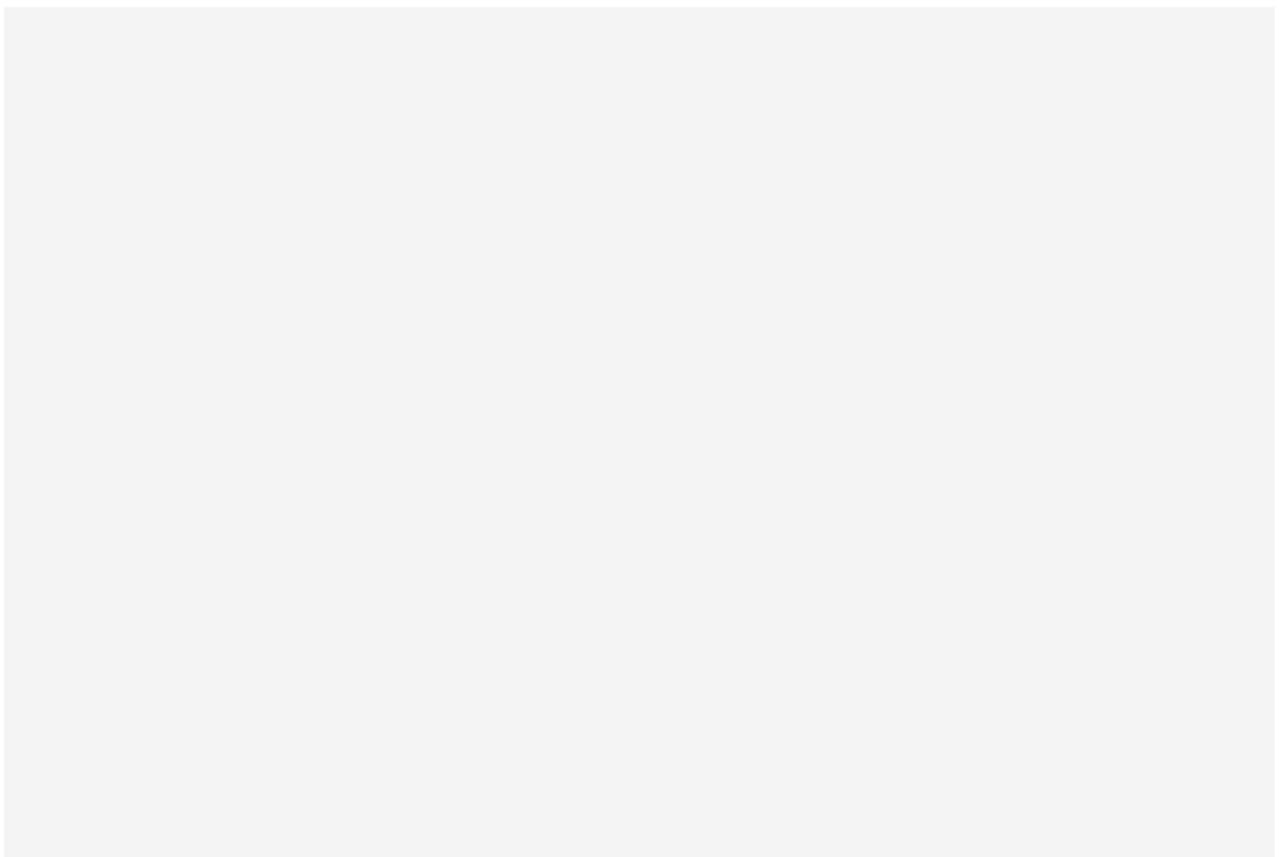
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*In picture*



BIG GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

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# *Breakdown*

*In words*

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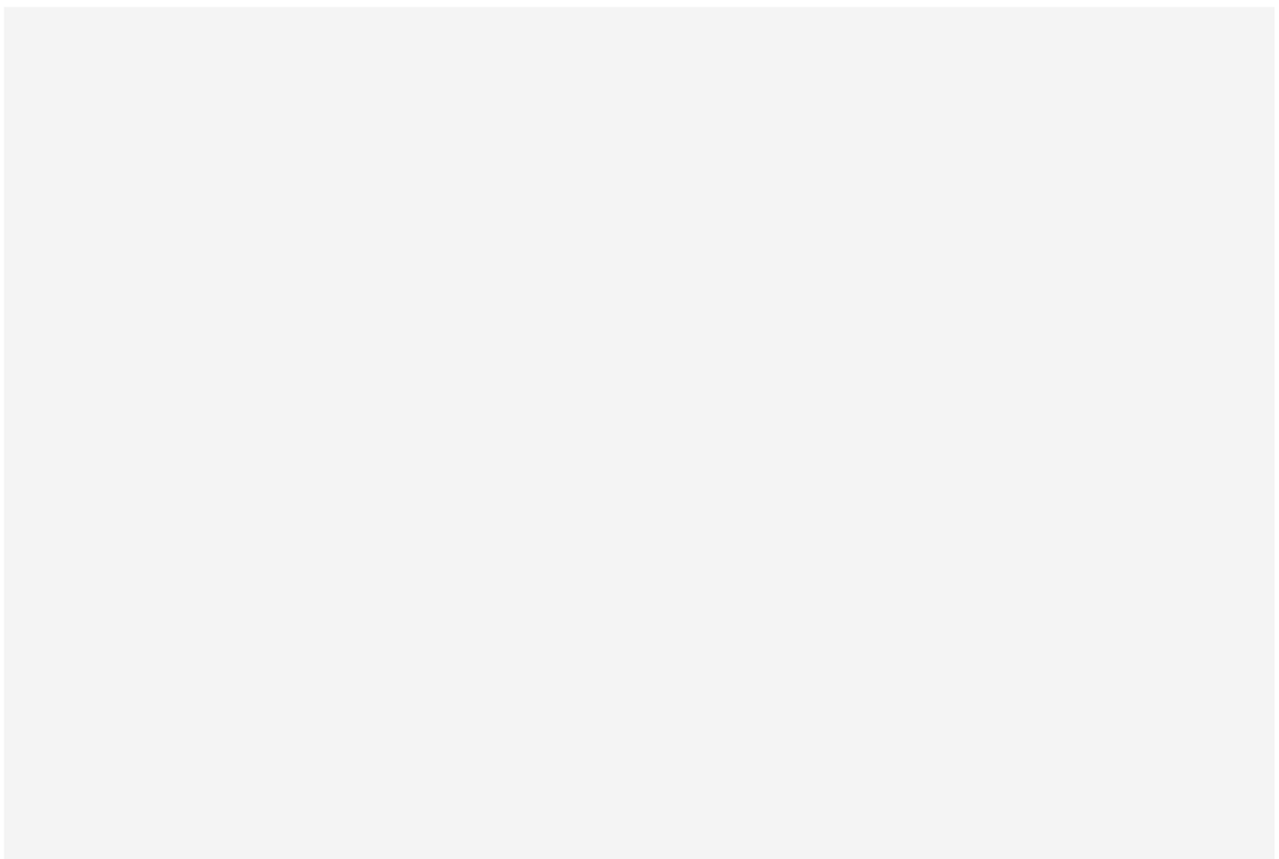
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*In picture*



BIG GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

\_\_\_\_\_

# *Breakdown*

*In words*

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\_\_\_\_\_

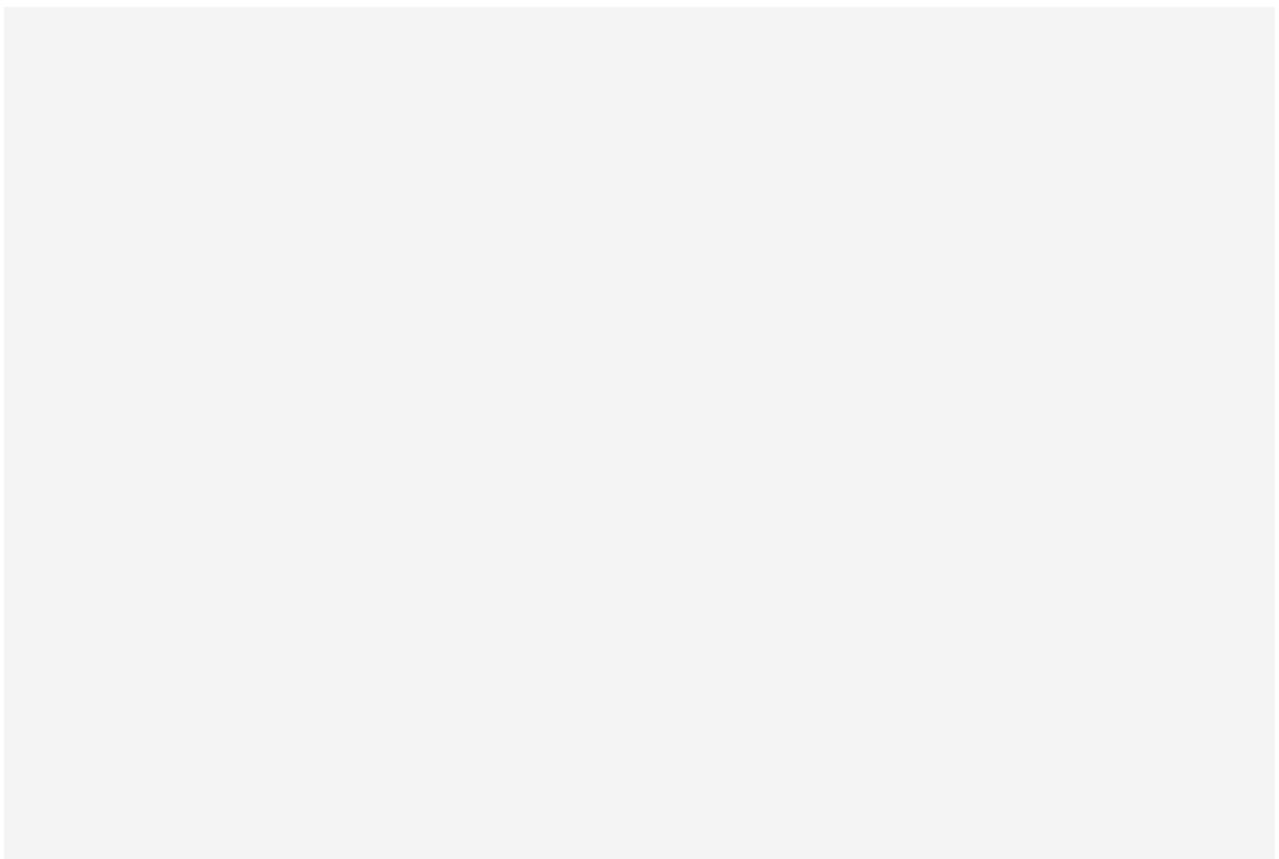
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*In picture*



MY **BIG** GOAL

# *Daily Plan*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SMALL GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

\_\_\_\_\_

# *Breakdown*

*In words*

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\_\_\_\_\_

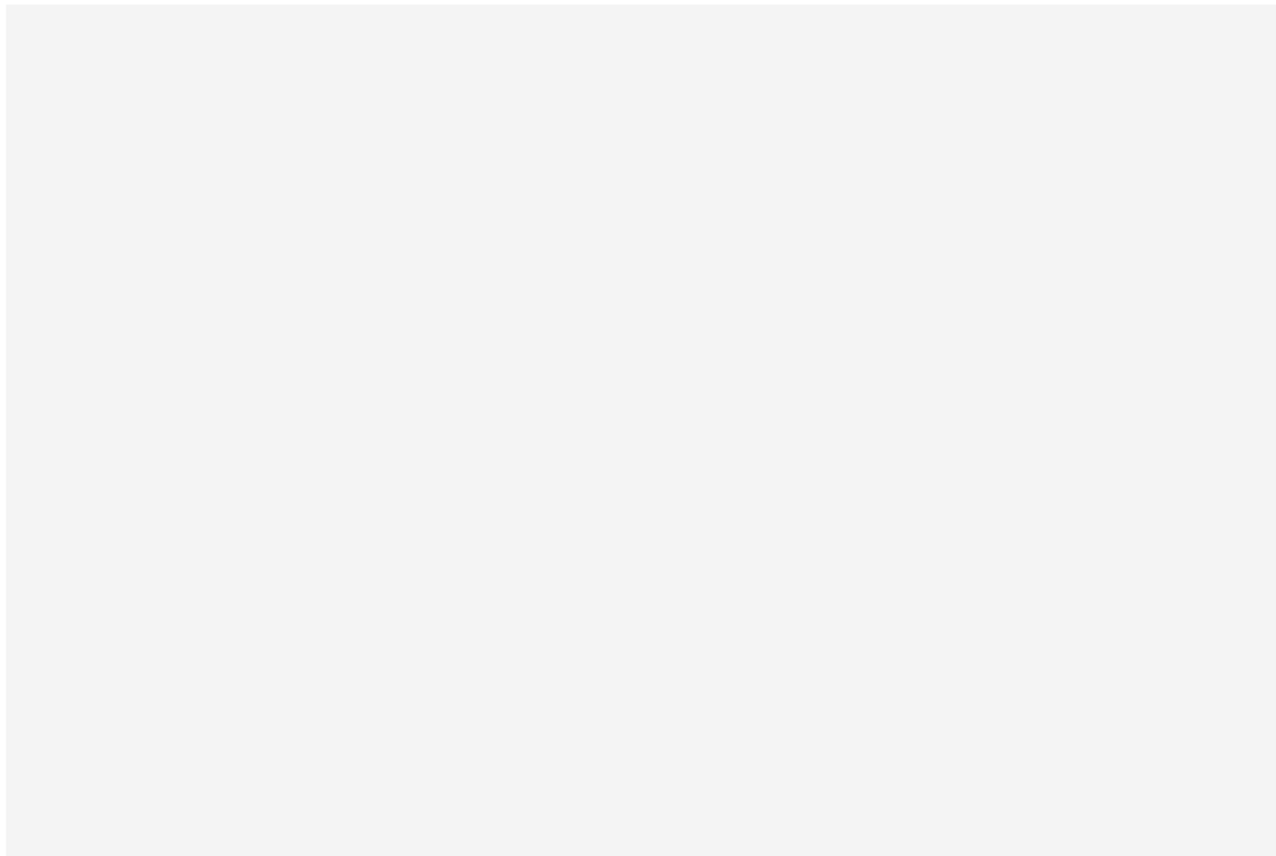
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*In picture*



SMALL GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

\_\_\_\_\_

# *Breakdown*

*In words*

\_\_\_\_\_

\_\_\_\_\_

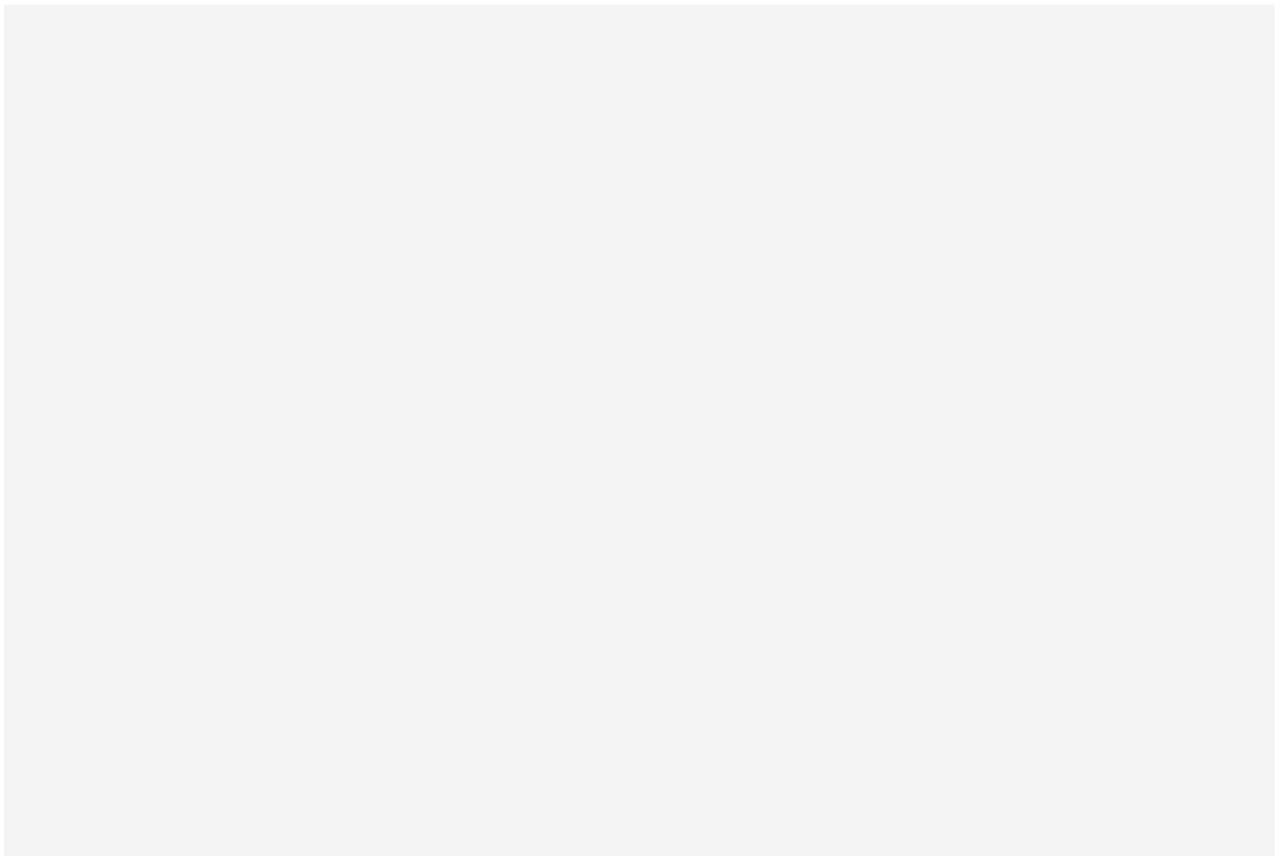
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*In picture*



SMALL GOAL # \_\_\_\_\_

Start Date

\_\_\_\_\_

End Date

\_\_\_\_\_

# *Breakdown*

*In words*

\_\_\_\_\_

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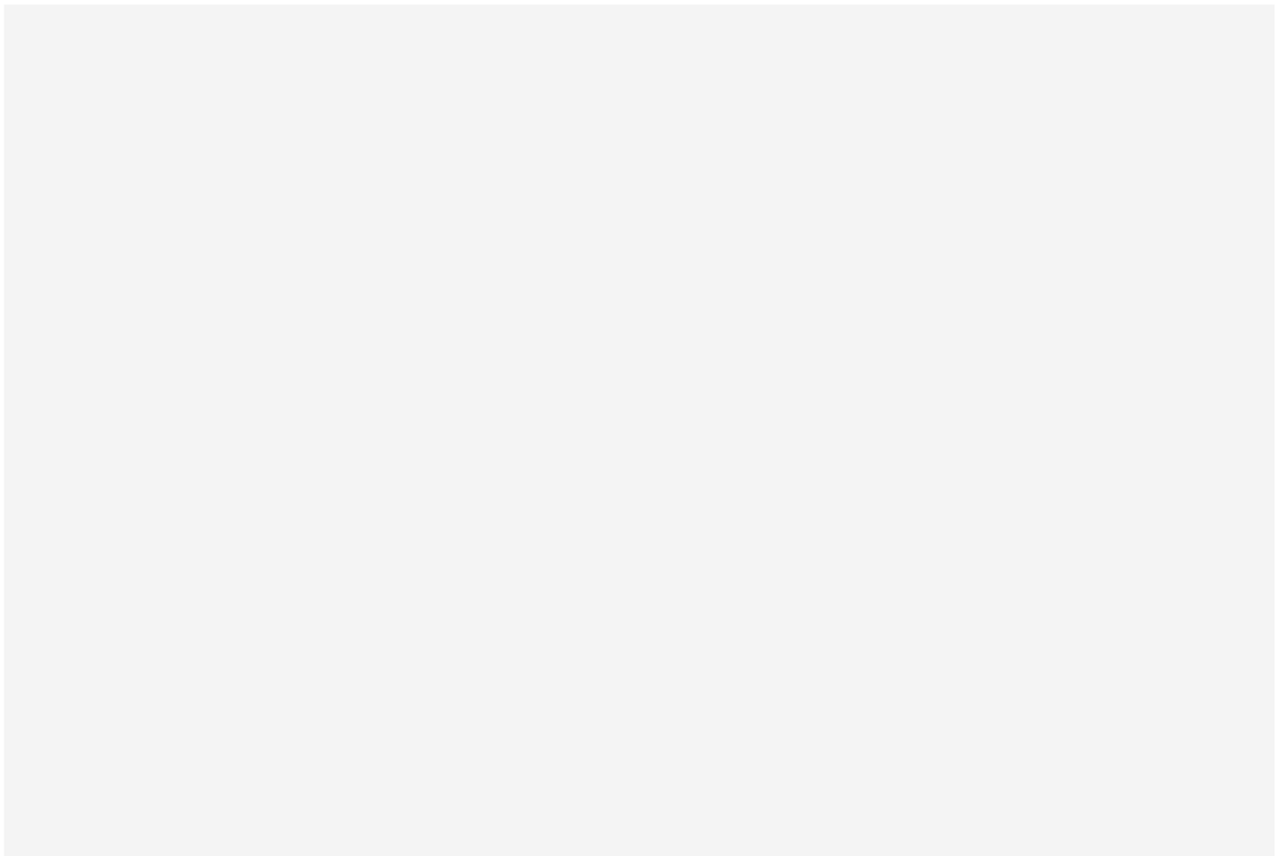
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\_\_\_\_\_

*In picture*



# MY SMALL GOAL *Daily Plan*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# BIG GOAL - MONTHLY

# *Evaluation - January*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - January*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



BIG GOAL - MONTHLY

# *Evaluation - February*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

# *Evaluation - February*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*





# BIG GOAL - MONTHLY

## *Evaluation - March*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - March*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# BIG GOAL - MONTHLY

## *Evaluation - April*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - April*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# BIG GOAL - MONTHLY

## *Evaluation - May*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY *Evaluation - May*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# BIG GOAL - MONTHLY *Evaluation - June*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY *Evaluation - June*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*





# BIG GOAL - MONTHLY *Evaluation - July*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY *Evaluation - July*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



BIG GOAL - MONTHLY

# *Evaluation - August*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - August*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



BIG GOAL - MONTHLY

# *Evaluation - Septem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - Septem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



BIG GOAL - MONTHLY

# *Evaluation - October*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - October*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*





BIG GOAL - MONTHLY

# *Evaluation - Novem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - Novem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



BIG GOAL - MONTHLY

# *Evaluation - Decem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



# SMALL GOAL - MONTHLY

## *Evaluation - Decem.*

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*What you're proud of this month*

*Notes for your next goal*

*What you could've done better*

*Drop a quote that sums this goal up*



2023 STRETCH/FLEXIBILITY

# Goal Summary

THIS YEAR'S WINS

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*What are you grateful for this year?*

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