

Goalie Assistant: 4-Week Progress Tracker

What is Your Goal for This Program? – Make Sure you Check Off and Complete Each Day – “What Gets Measured, Gets Done!”

“You Don’t Have to be Great to Start, but you Have to Start to be Great”

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	I COMPLETED THIS WEEK
WEEK 1	Training	Rest	Training	Rest	Training	Bonus Day	Rest	
WEEK 2	Training	Rest	Training	Rest	Training	Bonus Day	Rest	
WEEK 3	Training	Rest	Training	Rest	Training	Bonus Day	Rest	
WEEK 4	Training	Rest	Training	Rest	Training	Bonus Day	Rest	

Weekly Check Ins

Week 1 – What was harder than you expected — and how did you handle it?

Week 2 – What’s one thing you did better this week than last week?

Week 3 – What skill or drill are you starting to feel more confident in?

Week 4 – What’s something you’re proud of — and what’s one thing you still want to work on?

END OF PROGRAM REFLECTION

What Did I Improve the Most?

Which Drill, or Skill Felt the Most Natural by the End?

What Challenged Me the Most, and How did I Respond?

What Did I Learn About Myself as a Goalie?

What am I Most Proud Of?

What do I want to Improve next?

I COMPLETED ALL 4 WEEKS! – SIGN: _____

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