



Complete this worksheet and turn in to your coach by \_\_\_\_\_ to get a GOLD star!



# Challenge #3: I Can Do It!

Due Date: \_\_\_\_\_

Name: \_\_\_\_\_

During this week's lesson, think of one goal you want to work on this week. Write it down and show your coach before you leave today!

Goal for the week: \_\_\_\_\_

Under each soccer ball, write one thing you did that day to work toward your goal.

Wednesday



\_\_\_\_\_

Thursday



\_\_\_\_\_

Tuesday

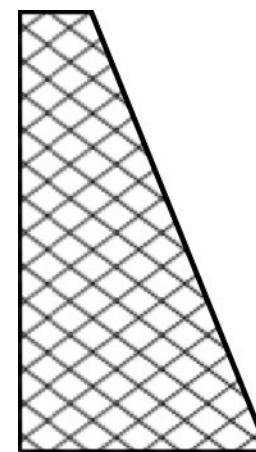


\_\_\_\_\_

Monday



Friday



How do you feel after working toward your goal this week?



I have completed Challenge 3!



_____
Child's Name
_____
Parent/Guardian Signature