**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Thursday ‘Handy Heroes’**

**Week 6**

**This week’s challenge is all about goal setting!**

**We want you to set some short- and long-term goals regarding your athletics and personal fitness.**

**We want you to set 3 personal goals.**

1. **Immediate goals – what are you wanting to achieve and improve on whilst we are stuck in lockdown?**
2. **Short term goals – what is the first goal you will want to focus on improving or achieve when we return to training and competition?**
3. **Long term goals – What do you want to achieve by summer 2021?**

**Do not forget to tell us HOW you are going to achieve this goals and ambitions!**

**Send over your GOALS to** [**hartlepoolatheltics@gmail.com**](mailto:hartlepoolatheltics@gmail.com) **or pictures to Johns WhatsApp.**

**Have fun!**