MENTAL PERFORMANCE CENTER

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GOAL TRACKER

A practical system for turning long-term ambition into clear weekly actions, measurable habits, and consistent follow-through.

Choose the goal.
Define the process.
Track the behavior.

Outcome goals and process goals

Outcome goals describe what you want to achieve. Process goals define the repeatable actions that make progress more likely. You cannot completely control selection, rankings, wins, scholarships, or recognition. You can control preparation, effort, communication, recovery, and daily habits.

Outcome	Process	Evidence
The result you are working toward.	The behaviors you can repeat and control.	The way you will measure honest progress.

Strong goals create direction. Strong systems create progress.

PART 1 - DEFINE THE GOAL

My primary goal

Why this goal matters to me

The date or milestone connected to this goal

What success would look and feel like

PART 2 - IDENTIFY THE CONTROLLABLES

List the behaviors that are fully or mostly within your control.

Controllable behavior	How often?	How measured?

PART 3 - WEEKLY ACTION PLAN

Choose a small number of actions you can execute consistently.

Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun

My most important action this week

The obstacle most likely to interfere

My plan when that obstacle appears

DAILY MENTAL PERFORMANCE CHECK

Category	1	2	3	4	5	Note
Preparation						
Focus						
Confidence						
Recovery						
Follow-through						

WEEKLY REVIEW

What progress did I make?

Which action was most consistent?

Where did I avoid, delay, or make excuses?

What did I learn about myself?

What will I adjust next week?

30-DAY PROGRESS SNAPSHOT

Week	Completion %	Biggest win	Next adjustment
Week 1			
Week 2			
Week 3			
Week 4			

My next 30-day commitment

TURN YOUR GOAL INTO A SYSTEM YOU CAN TRUST

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

ADMPC.co

Educational use only. This tracker supports mental performance development and is not a substitute for medical or mental-health care.