



You have to fight harder, dig deeper and prove all the doubters wrong.  
 -Carli Lloyd

# January

**GOALS:**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

**2020**

SUN	MON	TUE	WED	THU	FRI	SAT
			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	



I need to work at everything, no matter how good I get at it. It's always about improving.

**-Morgan Brian**

# February

**GOALS:**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

# 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						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





You have to be selfless, but you can't lose yourself in that. You need to know what you personally contribute as an individual.

**-Megan Rapinoe**

# April

***GOALS:***

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			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		



To excel, you have to learn to be comfortable being uncomfortable. And be willing to respond to adversity.  
 -Rose Lavelle

# May

**GOALS:**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

SUN	MON	TUE	WED	THU	FRI	SAT
					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						

# 2020



The future belongs to those who believe in the beauty of their dreams.  
**-Tobin Heath**

# June

*GOALS:*

---



---



---



---



---



---



---



---



---



---



---

SUN                  MON                  TUE                  WED                  THU                  FRI                  SAT

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

# 2020



It's not about how big you are. It's all about how big you play.  
-Mallory Pugh

# July

***GOALS:***

---



---



---



---



---



---



---



---



---



---



---

SUN	MON	TUE	WED	THU	FRI	SAT
			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	

# 2020



If you're not getting better, you're falling behind.  
-Crystal Dunn

# August

**GOALS:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						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					





Your dreams are your dreams. Sometimes they don't make sense to other people.  
-Lindsey Horan

# September

*GOALS:*

---

---

---

---

---

---

---

---

---

---

---

---

# 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		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			



Don't just make the team. Make the team better. Play whatever role your coach needs you to play.

-Kelley O'Hara

# October

***GOALS:***

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**2020**

SUN	MON	TUE	WED	THU	FRI	SAT
				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



Some roles hold less glory. They are no less important.  
**-Becky Sauerbrunn**

# November

*GOALS:*

---



---



---



---



---



---



---



---



---



---



---



---



---



---

# 2020

SUN	MON	TUE	WED	THU	FRI	SAT
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					



I have a weakness. I never feel like I'm good enough.  
 I have a strength. I never feel like I'm good enough.  
 -Christen Press

# December

*GOALS:*

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

SUN	MON	TUE	WED	THU	FRI	SAT
		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		

**2020**