

Goal Setting Worksheet

My top priority fitness goal is _____

I plan to have achieved this goal by _____

One action I can take daily to help me reach this goal is _____

Three actions I can every week take to help me reach this goal are

1. _____
2. _____
3. _____

The biggest reason why I want to achieve this goal is _____

Achieving this goal will improve other areas of my life by _____

The best way I can measure my progress towards this goal is by _____

I can reward myself for achieving this goal by _____

Goal Setting Assessment

What would you consider your primary goal(s) regarding training/coaching?

How much time each week are you willing to give in order to achieve your goal(s)? _____

What are you willing to do to reach your goal(s)?

What are you willing to give up? _____

What is the biggest thing holding you back from reaching this goal?

Why is it important that you achieve this goal? What will it mean to you?

How can you ensure that once you achieve this goal, you maintain it?

My trainer can best serve me in achieving this goal by _____
