

## GOAL SETTING WORKSHEET

An important aspect of any fitness program is setting goals. Without a clear goal in mind, it is difficult to commit to a program. This worksheet is designed to assist you in setting goals and defining obstacles that may impede your progress to your goal. As your personal trainers, we are here to assist you in defining your goals and assisting you to overcome obstacles to success.

In order to write a goal, you must have a clear indication of what a goal consists of. Goals need to be:

S	specific	Details of how much, how long, etc.
M	measurable	How will you measure your progress
A	attainable	Be realistic in setting your goals
R	reward based	Attach a reward to each goal
T	time frame	Set a specific date for each goal

List your fitness goals for the next 3 – 12 months:

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How will you feel once you reach your goal?

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Where do you rate your health in your life: Low \_\_\_ Medium \_\_\_ High \_\_\_

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How committed are you to a fitness program? Very \_\_\_ Semi \_\_\_ Not Very \_\_\_

Outline obstacles that could impede your commitment to a fitness program or to your progress within your fitness program (could include things such as: lack of motivation, work schedules, home life, family schedules, transportation issues).

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List 3 methods to overcome obstacles listed above:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_