



HEALTH AND FITNESS GOAL SETTING WORKSHEET

For: _____ date: _____

How much time can you give to your workouts weekly? In studio and at home.

What are the best times/days for you to workout?

State specific goal and time frame. Describe what you want to achieve.

What are the benefits?

Where are you in relation to this goal?

What are the obstacles to meeting your goal?

Knowledge (What do you need to know more about?)

Skills (What skills must be developed?)

Social support (what support do you have or how will you get it?)

What motivates you? This may be positive or negative.

Does your diet need attention?