



**The Power House at Highland  
Side Door CrossFit**  
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**Fitness-Goal-Setting  
for Your Life**

## My Practice and My Body

### My Needs:

Mind \_\_\_\_\_

\_\_\_\_\_

Body \_\_\_\_\_

\_\_\_\_\_

Breath \_\_\_\_\_

\_\_\_\_\_

ROM \_\_\_\_\_

\_\_\_\_\_

### My Goals:

1 week: \_\_\_\_\_

\_\_\_\_\_

1 month: \_\_\_\_\_

\_\_\_\_\_

1 year: \_\_\_\_\_

\_\_\_\_\_

5 years: \_\_\_\_\_

\_\_\_\_\_

### My Action Items:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

## My Strength and Power

### My Needs:

Phosphagen \_\_\_\_\_

\_\_\_\_\_

Glycolytic \_\_\_\_\_

\_\_\_\_\_

Aerobic \_\_\_\_\_

\_\_\_\_\_

### My Goals:

1 week: \_\_\_\_\_

\_\_\_\_\_

1 month: \_\_\_\_\_

\_\_\_\_\_

1 year: \_\_\_\_\_

\_\_\_\_\_

5 years: \_\_\_\_\_

\_\_\_\_\_

### My Action Items:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

# My Rest, Nutrition and Recovery

## Sleep

Current Average \_\_\_\_\_

\_\_\_\_\_

Ideal Average \_\_\_\_\_

\_\_\_\_\_

Obstacles \_\_\_\_\_

\_\_\_\_\_

## Plan

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