



GOALS SHEET

Goal setting is a skill. If you are good at setting goals, your fitness results will be much better as you will be more focused and disciplined. If you don't set goals, don't write them down and don't review them daily, your chances of achieving your goals decrease dramatically.

Write down your fitness goals. Be specific; include your goals, the timeline in which you expect to achieve your goals and your process goals. Process goals include what you are going to do daily and weekly to achieve your end result goals. For example, if your goal is to lose 50 pounds, your process goals may be to eat 3 meals and 2 snacks daily, exercise cardiovascularly for 30 minutes, 5 times per week and strength train 3 times per week.

Keep this sheet where you can look at it regularly. Look at it at least once before you go to bed at night and first thing in the morning when you get up. It is even a better idea to write these goals on a 3 x 5 card and review them a couple times during the day as well.

FITNESS GOALS: STARTING DATE:

DAILY PROCESS GOALS:

WEEKLY PROCESS GOALS:

TIMELINE:

I will lose ____pounds and ____inches off my waist ____inches off my hips by _____200__.