



## Goal Worksheet

Name \_\_\_\_\_

Date \_\_\_\_\_

### Activity and Exercise

To increase my activity, exercise, and fitness levels, I will take the following five steps:

_____	Date: _____
_____	Date: _____
_____	Date: _____
_____	Date: _____
_____	Date: _____

The specific benefits that I will gain by taking these steps include:

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I will reward myself for successfully taking these steps by:

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**Weight and Eating Habits:**

To eat healthier and achieve a more reasonable weight, I will take the following five steps:

1. \_\_\_\_\_ Date: \_\_\_\_\_

2. \_\_\_\_\_ Date: \_\_\_\_\_

3. \_\_\_\_\_ Date: \_\_\_\_\_

4. \_\_\_\_\_ Date: \_\_\_\_\_

5. \_\_\_\_\_ Date: \_\_\_\_\_

**Additional Goals (sleep, smoking, alcohol, etc.):**

A \_\_\_\_\_ Date: \_\_\_\_\_

B \_\_\_\_\_ Date: \_\_\_\_\_

C \_\_\_\_\_ Date: \_\_\_\_\_

**Challenges and Solutions**

The challenges I will face in reaching my goals include:

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I will overcome these challenges by:

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**Evaluation of Goals:**

We plan to review these goals on \_\_\_\_\_.

\_\_\_\_\_  
**Client Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**(Trainer)**