

HEALTH AND FITNESS GOALS

Your goals must follow the SMART format:

- They must be SPECIFIC
- We have to be able to MEASURE them
- You have to be able to ACHIEVE them within the time period
- Goals must be REALISTIC
- A TIME period must be set

	SHORT TERM GOALS (achieve within 2 months)	BY WHEN (date)	COMPLETED

The steps I must take to enable me to successfully complete my short term goals:

-
-
-

How will achieving these short term goals change my life:

-
-
-

My REWARD for completing my short term goals: _____

	LONG TERM GOALS (achieve within 6/12 months)	BY WHEN (date)	COMPLETED

The steps I must take to enable me to successfully complete my long term goals:

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-
-

How will achieving these long term goals change my life:

-
-
-

My REWARD for completing my long term goals: _____

How committed are you to achieving these short / long term goals:

- Undecided
- Committed
- Extremely committed
- 200% committed

Signed by client: _____ Signed by trainer: _____ Date: _____