



GOAL SETTING

SMART Goals:

- S** Specific: state the goal so the exact result is understood.
- M** Measurable: state the goal so your success can be measured.
- A** Action-Oriented: state a goal that promotes you taking an action to accomplish it.
- R** Realistic: choose a goal that can truly be attained.
- T** Timed: set an appropriate deadline for meeting your goal.

Setting Personal Health Goals:

Pick one short-term goal that you plan to accomplish over the next week, then pick one long-term goal you plan to accomplish over the next few weeks. Complete the S.M.A.R.T. goal process for each of the goals. Keep in mind the actions that needs to be taken or eliminated in order to achieve your goal. When you are done, sign and date your goal sheet. By signing and dating it you are making the commitment to achieve your goal.

Goal 1 (Short Term):

S: _____
M: _____
A: _____
R: _____
T: _____

Goal 2 (Long Term):

S: _____
M: _____
A: _____
R: _____
T: _____

Declaration:

I, _____, hereby, agree to do my utmost to achieve these goals as listed above. I will give 100% in the attempt of achieving these goals. I will take in consideration all the advice given to me by my trainer and promise to follow my fitness plan as provided. I understand that it is UP TO ME to strive for the things in life I want and will enjoy the process along the way.

Signature:

Date:

