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Personal Training * Health Coaching * Group Fitness
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Goal Setting Worksheet

Writing down your *specific* goals and creating action steps will give you a clear direction of where you are headed and how you will get there.

This worksheet will be an invaluable tool when momentum fades and you have moments of doubt and discouragement. It will bring you back to the deeper reasons why this journey is so important to you. Be as detailed as possible.

My Primary Goal(s):

Target Date:

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This goal is deeply meaningful to me because: (be detailed, list all of your reasons)

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Some obstacles I may face are:

I will overcome these obstacles by:

Steps I will take to reach this goal:

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How will I stay accountable and/or monitor my progress?

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My mantra: _____