

GOAL WORKSHEET

I am motivated to work with Succeed because:

My fitness goal(s) is/are to:

- | | | |
|---|--|---|
| <input type="checkbox"/> Gain cardiovascular conditioning | <input type="checkbox"/> Gain muscular endurance | <input type="checkbox"/> Increase athleticism |
| <input type="checkbox"/> Gain muscular strength | <input type="checkbox"/> Increase flexibility | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Decrease body fat | |

I will achieve this goal by the following date: _____ Today's date is: _____

I am willing to engage in the following activities to accomplish my fitness goal(s):

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Running | <input type="checkbox"/> Elliptical machine | <input type="checkbox"/> Flexibility training |
| <input type="checkbox"/> Walking | <input type="checkbox"/> Playing tennis | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Swimming | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Stairmaster | <input type="checkbox"/> Strength training | <input type="checkbox"/> _____ |

I am willing to spend _____ days per week to accomplish my goal(s).

I am willing to spend _____ minutes per day to accomplish my goal(s).

I am willing to alter my eating habits to accomplish my goal(s).

(Assign a value of 1 to 5, where 1 indicates *I am not willing to do so* and 5 indicates *I am highly motivated to do so*.)

- 1 2 3 4 5

I have identified a need to alter the following behavior(s) in order to achieve my goal(s):

I envision the following as being (a) potential obstacle(s) to achieving my goal(s):

I expect the following of my trainer:

S U C C E E D
PERSONAL. TRAINING. EVOLVED.