

Fitness Goals Worksheet

Name: _____ Date: _____

My ideal health and fitness lifestyle:

Values			
Entrepreneur	Balance	Integrity	Creativity
Fun	Diversity	Legacy	Knowledge
Passion	Commitment	Loyalty	Responsibility
Leadership	Greatness	Patience	Wealth
Development	Family	Growth	Quality
Health	Recognition	Achievement	Courage

Pick: 1. _____ 2. _____ 3. _____

My Goals

	Health	Training/Fitness	Nutrition
3 Months	1.	1.	1.
	2.	2.	2.
6 Months	1.	1.	1.
	2.	2.	2.
9 Months	1.	1.	1.
	2.	2.	2.
12 Months	1.	1.	1.
	2.	2.	2.

**use no more than 15 words a goal - no justification require*