

## Health and Fitness Goals worksheet

**Name:**

What do you want to achieve physically? What do you want to look like? How do you want to feel? What do you want to be able to do? How many pounds of body fat do you want to loose? How many pounds of muscle do you want to gain? How many inches do you want to lose or gain? Make it crystal clear!  
In the next 3 months?

In the next year?

What about in 5 years?

Are you willing to change your eating and exercise habits to achieve this?

How much encouragement do you want? (circle one)

- Don't bug me
- Encourage me when I am in class
- Call mw if I am not in class
- Whip me into shape!

Have you tried to lose weight before?

Where you successful?

What worked?

What didn't work?

What do think is your greatest obstacle to getting fit?

How do you think you might overcome this?

What is your greatest strength toward getting fit?

How can you take this strength and make it work for you?

*Now write out your goal REALY BIG, make it crystal clear. Draw a picture of yourself as you wish to be or cut out magazine pictures that inspire you and put it with your goal. Post your goal where you can see it! On your refrigerator, on your bathroom mirror, at your desk and anywhere else you can think of. This is goal is a promise to the most important person in the world...YOU! You must keep your promise. It is your contract, it is your word!*

*Please Face book friend us: Total Confidence Martial Arts, David Neal Brown, and Katherine Holmes*