

## Fitness Goals Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My ideal health and fitness lifestyle:

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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*