ACTION PERSONAL TRAINING

Goal Setting Worksheet

"A goal properly set is halfway reached." - Abraham Lincoln

	Body Fat%	Weight	Waist in.							
January										
February Goal										
February										
March Goal										
March										
April Goal										
April										
May Goal										
May										
June Goal										
June										
July Goal										
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August Goal										
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September Goal										
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December Goal										
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January Goal										