

MY GOALS

I will achieve the following in _____ weeks:

-
-
-
-

I will do the following to achieve my goals:

-
-
-
-

The benefits I will enjoy by reaching my goals include:

-
-
-
-

Achieving these goals is important to me because:

The obstacles I may encounter as I change my lifestyle include:

- *
- *
- *

I can deal with and overcome these obstacles by:

- *
- *
- *

Tips for your Goals page

List three measurable OUTCOMES you want (more than that gets almost overwhelming).

Saying you want to be “more fit” or “more toned” is tough to measure. Saying you’d like to lose 1 inch in your waist, drop one pant size or run 1 mile w/out stopping is measurable!

List the things you’ll DO to get the outcomes you want. Be specific!

For example, “I’ll eat better” is weak. What, exactly, will you DO to eat better?

Instead of saying “I’ll exercise more”, write down exactly what you’ll do (Example: interval cardio 3 times a week, strength training 3 times a week, etc).

Regarding benefits you’ll enjoy when you reach your goals, think about how your life will be different—what will be better once your goal is achieved?