

Goal Planner

Name: _____

Date: ____/____/____

What do you want to achieve? (Tick the applicable boxes)

<input type="checkbox"/> Increase endurance/ stamina	<input type="checkbox"/> Sports conditioning
<input type="checkbox"/> Leanness/ weight loss	<input type="checkbox"/> Stress management
<input type="checkbox"/> Better nutrition	<input type="checkbox"/> Increase muscle tone
<input type="checkbox"/> Improve posture	<input type="checkbox"/> Increase muscle strength
<input type="checkbox"/> Reduce back pain	<input type="checkbox"/> Increase self-esteem
<input type="checkbox"/> Give up smoking	<input type="checkbox"/> Increase energy levels
<input type="checkbox"/> Improve general well-being	<input type="checkbox"/> Improve flexibility
<input type="checkbox"/> Look & feel good	<input type="checkbox"/> Improve confidence
<input type="checkbox"/> Body shaping	<input type="checkbox"/> Improve running
<input type="checkbox"/> Body building	<input type="checkbox"/> Reduce blood pressure
<input type="checkbox"/> Improve sleep	<input type="checkbox"/> Combat cholesterol
<input type="checkbox"/> Weight gain	<input type="checkbox"/> Increase muscle mass
<input type="checkbox"/> Improve balance	<input type="checkbox"/> Improve co-ordination
<input type="checkbox"/> Improve job performance	<input type="checkbox"/> Other _____

What are your top 3 priorities/ goals (in order of importance)?

1. _____

2. _____

3. _____

1 Goal: _____

Complete the following with regard to the # 1 goal that you have written on the previous page:

Specific – Be as clear as possible in writing your goal (What is it you want/ what is it that you will become?).

Meaningful – Why is this your number 1 goal and what does it mean to you?

How important is this goal compared to everything else in your life? (Score 1 – 10: 1 is high) _____

As if now – Write your goal in such a way that it is in present tense but with a date in the future.

It is now _____ (future date)

I am/ have _____
_____ (end step/ evidence)

Realistic – Is it realistic for you to reach this goal? Yes / No

How confident are you that you can achieve your goal? (Score 1 – 10: 1 is high) _____ Why? _____

Tangible – How will you measure your progress toward this goal?

How will you be able to measure the attainment of this goal? _____

End Step – How will you know when you have reached this goal? _____

What are the potential barriers to you attaining your goal?

- _____
- _____
- _____
- _____

What are the consequences of not achieving your goal? _____

What are you willing to do to accomplish this goal?

- _____
- _____
- _____
- _____

2 Goal: _____

Complete the following with regard to the # 2 goal that you have written on the first page:

Specific – Be as clear as possible in writing your goal (What is it you want/ what is it that you will become?).

Meaningful – Why is this your number 1 goal and what does it mean to you?

How important is this goal compared to everything else in your life? (Score 1 – 10: 1 is high) _____

As if now – Write your goal in such a way that it is in present tense but with a date in the future.

It is now _____ (future date)

I am/ have _____

_____ (end step/ evidence)

Realistic – Is it realistic for you to reach this goal? Yes / No

How confident are you that you can achieve your goal? (Score 1 – 10: 1 is high) _____ Why? _____

Tangible – How will you measure your progress toward this goal?

How will you be able to measure the attainment of this goal? _____

End Step – How will you know when you have reached this goal? _____

What are the potential barriers to you attaining your goal?

- _____
- _____
- _____
- _____

What are the consequences of not achieving your goal? _____

What are you willing to do to accomplish this goal?

- _____
- _____
- _____
- _____

3 Goal: _____

Complete the following with regard to the # 3 goal that you have written on the first page:

Specific – Be as clear as possible in writing your goal (What is it you want/ what is it that you will become?).

Meaningful – Why is this your number 1 goal and what does it mean to you?

How important is this goal compared to everything else in your life? (Score 1 – 10: 1 is high) _____

As if now – Write your goal in such a way that it is in present tense but with a date in the future.

It is now _____ (future date)

I am/ have _____
_____ (end step/ evidence)

Realistic – Is it realistic for you to reach this goal? Yes / No

How confident are you that you can achieve your goal? (Score 1 – 10: 1 is high) _____ Why? _____

Tangible – How will you measure your progress toward this goal?

How will you be able to measure the attainment of this goal? _____

End Step – How will you know when you have reached this goal? _____

What are the potential barriers to you attaining your goal?

- _____
- _____
- _____
- _____

What are the consequences of not achieving your goal? _____

What are you willing to do to accomplish this goal?

- _____
- _____
- _____
- _____