

Personal Training

GOAL SETTING WORKSHEET

Client Name _____

Date _____

What do you want to accomplish?

What will this do for you?

How will you know when you have it?

How will your trainer know when you have it?

Where, when and with whom do you want to accomplish your goal? Specific time frame

What stops you from reaching your goal already? Obstacles? Excuses?

How will your desired outcome impact other areas of your life? Desires and fear?

What resources do you have that will help you reach your objective? Equipment, support, experience, etc.

What additional resources do you need?

How are you going to reach your goal? Very specific

Why now?

How ready are you to do what it takes to reach your goal?

What support do you want from your trainer?

Remember goals need to be:

Specific
Measurable
Achievable
Realistic
Timed

_____ Reduce fat percentage How much?

_____ Reduce clothing size How much?

_____ Begin program of regular aerobic exercise

_____ Continue program of aerobic exercise

_____ add cross training or interval training

_____ increase intensity

BENEFITS OF AEROBIC EXERCISE

_____ Burn fat and calories

_____ Boost metabolism

_____ Increase cardiovascular fitness/increase overall wellness

_____ Provide motivation for smoking cessation

_____ Increase energy level

_____ Improve sleep habits

_____ Decrease stress or help manage stress

_____ Decrease blood pressure

_____ Increase overall feeling of well-being/ improve mood

EATING HABITS

_____ Improve eating habits

_____ Increase awareness

_____ Create guidelines

_____ Create consistency

STRENGTH TRAINING

_____ Begin strength training program

_____ Progress current program

_____ Add variety/different types of programs

_____ Improve muscle tone and definition

_____ Add lean tissue/boost metabolism

_____ Improve kyphotic posture: strength back, rear shoulders, stretch chest and front of shoulders

_____ Improve strength for daily activities

_____ Improve feelings of self –esteem

_____ Strengthen vulnerable muscle groups

_____ Improve posture, strengthen/lose weight at abdominal area and stretch low back, hamstrings, hip flexors

_____ Create travel exercise routine

_____ Teach guided relaxation techniques

_____ Incorporate daily stretching routine into lifestyle

Other areas of interest:

_____ Yoga

_____ Pilates

_____ Boxing

_____ Nutrition support via email coaching

