

SETTING YOUR HEALTH AND FITNESS GOALS

How can a Personal Trainer help you? Please check that which applies.

Lose Body Fat Develop Muscle Tone Rehabilitate an Injury Nutrition Education
Start an Exercise Program Design a more advanced program Safety
Sports Specific Training Increase Muscle Size Fun Motivation

Other _____

1. Please list in order of priority, the fitness goals you would like to achieve in the next 3-12 months?

a) _____

b) _____

c) _____

2. How will you feel once you've achieved these goals? B cific.

3. Where do you rate health in your life? Low priority Medium Priority High priority

4. How committed are you to achieving your fitness goals? Very Semi Not very

5. What do you think the most important thing your Personal Trainer can do to help you achieve your fitness goals?

6. Outline what you feel are the obstacles or your potential actions, behaviors or activities that could impede your progress towards accomplishing your goals (i.e. not training consistently, upcoming vacation, busy season at work, not following the program, allowing other responsibilities to become a priority over exerci etc.).

7. Outline 3 methods that you plan to use to overcome these obstacles:

a. _____ b. _____ c. _____