



SETTING YOUR HEALTH AND FITNESS GOALS

How can Beat Fitness help you? Please circle any that applies.

Lose Body Fat

Develop Muscle Tone

Rehabilitate an Injury

Nutrition Education

Start an Exercise Program Safely

Motivation

Sports Specific Training

Increase Muscle Size

Accountability

Encouragement

Creating a More Challenging Program

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? Be specific.

3. Where do you rate health in your life? Please circle.

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 goals?

6. What do you feel are the obstacles or potential actions, behaviors, or activities that could impede your progress towards accomplishing your goals?

7. What 3 methods can you plan to use to overcome these obstacles?

- a. _____ b. _____ c. _____