

## GOALS AND GOAL SETTING

- Goals need to be as specific as possible so you can take specific steps that are needed to achieve them. Having a goal such as “lose weight” is too vague. What exactly do you want to achieve and how are you going to do it? Why do you want to do it? What is driving you to do this? All of these questions should be answered to create a specific roadmap of how you are going to achieve your goals.
- Your fitness journey is far more than just losing inches and thinking about calories, carbs, fats and proteins. We want you to think about a personal growth goal as well. What in your personal life / lifestyle can you change to help support this goal? Is it being more positive, more optimistic, or believing in yourself? Is something holding you back from achieving your goals? What inspires you? Think back at a time that you were truly happy and you felt that nothing else matters except that moment – what were you doing then? And how can you bring more of those moments into your life? Use these guidelines when deciding on what you want your goal to be and how you are going to achieve it.

### **Now let's set some goals!**

Have you tried to change your body composition or improve strength in the past? Please give details.

What has kept you from starting sooner and why?

What time frame do you want to achieve these goals in?

What, specifically, do you want to achieve by working with us?