

# 8 WEEK *Journey*

## GOAL ASSESSMENT QUESTIONNAIRE

FITNESS  
*fernwood*®



## WELCOME TO FERNWOOD

Welcome to Fernwood, thank you for booking into your Fernwood Trainer appointment. We are so excited to support you on your health, fitness, and wellness journey. As with any journey, it is important to have a destination in mind. We know you have already spoken briefly with one of our membership consultants about your goals, now it's time to dive a little deeper to explore your desired outcomes in more detail – where are you now and where would you like to be in 8 weeks' time with regards to your health, fitness, and wellness?

Perhaps your goal is more physical, focusing on fitness or aesthetics, perhaps it is more about mental and emotional wellbeing such as improvements in sleep, stress management and mindful moments. Or perhaps it is a combination of both. What defines health and wellness is different for each of us, so when you're thinking about your goals, it's important to think about what is important to you and how you would like to define and measure your health, fitness, and wellness.

## YOUR PERSONAL WELLBEING SCORE (PMW)

Before you create your goal statement, it's important to know where you are now.

Rate your satisfaction for these different areas of wellbeing on a score of 0 (zero happiness or satisfaction) to 10 (could not be happier or more satisfied).

**NOTE:** These are subjective scores based on how you honestly feel currently about these areas of your wellbeing. There are no rights or wrongs, simply an observation for reflection and acknowledgement of aspects of your wellbeing you might wish to improve. The scores you find may help you to identify an area for improvement that influences your goal statement.

### 1. Your physical health and wellbeing

0 1 2 3 4 5 6 7 8 9 10

### 2. Your mental and emotional wellbeing

0 1 2 3 4 5 6 7 8 9 10

### 3. Your overall daily nutrition (food choices, routine, organisation)

0 1 2 3 4 5 6 7 8 9 10

### 4. Your exercise and movement routine

0 1 2 3 4 5 6 7 8 9 10



**5. Your sleep health (quality and quantity of sleep)**

0 1 2 3 4 5 6 7 8 9 10

**6. Your day-to-day feelings of stress /frustration or overwhelm**

0 1 2 3 4 5 6 7 8 9 10

**7. Your work/life balance**

0 1 2 3 4 5 6 7 8 9 10

**8. Your 'me' time and dedicated self-care**

0 1 2 3 4 5 6 7 8 9 10

## YOUR GOAL AREA

Using the information from your Personal Wellbeing Score (PMW) and your reason for joining our Fernwood community, what area(s) would you agree best describe your goal focus?

- ☐ **Weight Management / Aesthetic change**
- ☐ **Strength / Resistance training**
- ☐ **Cardiovascular fitness**
- ☐ **Inner health and vitality**
- ☐ **Mental health and wellbeing**
- ☐ **Sports / athletic conditioning**
- ☐ **Injury / Rehabilitation**





## SET SMART GOAL - WHERE WOULD YOU LIKE TO BE IN 8 WEEKS' TIME?

Your goal is yours and yours alone and can be anything you choose. We are here to help you create a goal that is SMART – Specific, Measurable, Achievable, Relevant (i.e., meaningful to you) and Timed.

### For example:

- It is Sunday, 28 August 2022; 8 weeks from now and I can hold my favourite yoga posture unassisted for 30 seconds.
- It is Sunday, 28 August 2022; 8 weeks from now and I can now run 5km in under 30 minutes.
- It is Sunday, 28 August 2022; 8 weeks from now and I have improved my overall PWS (Personal Wellbeing Score) by a total of 20 points.
- Or, you may have an aesthetic goal based on a body measurement, which can easily be measured and inserted into your goal statement.

If you get stuck, ask yourself 'What is the one thing you would change about your health, fitness, or wellness right now, and why?' the answer will help lead you to your meaningful goal statement.

### Write your goal statement / state your goal below:

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**On a scale of 0 (zero readiness and commitment) to 10 (could not be more ready and committed), how ready and committed are you to achieving your goal?**

0   1   2   3   4   5   6   7   8   9   10

## GET A PLAN AND KEEP TRACK OF YOUR PROGRESS

It is important to record a 'before' (baseline) and 'after' (progress) measurement to recognise achievement of or significant progress towards your goal. The types of measurements you take will depend on your goal; they may be in the form of body scans, photographs, videos, or other in-club assessments. It's now time to meet with your Fernwood Trainer to chat through your goal and arrange the best plan for measuring where you are now and where you are in 8 weeks' time.