



Fitness Goal Assessment

Name: _____

Today's Date: _____

1. *What I want to accomplish in my fitness program:*

(These are my outcome goals for the next 4 weeks. Be Specific!)

2. *Why I want to accomplish my goals:*

These goals are very important to me because...

3. *I will do just about anything except this:*

I am willing to do anything within reason to reach my goals except...

4. *When I reach these goals what I will get and how I will feel:*

5. *My past record of attaining my fitness goals has been:*