



## SETTING YOUR HEALTH AND FITNESS GOALS

How can a personal trainer help you? Please check all that 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? Be specific

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?

\_\_\_\_\_  
\_\_\_\_\_



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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 exercise, etc.)

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

a.) \_\_\_\_\_

b.) \_\_\_\_\_

c.) \_\_\_\_\_