

Level Up Goal Setting

For each question – try to answer as best you can. If you're unsure about what a realistic goal is one of our trainers can assist you. As much as possible ask yourself:

- Are your goals specific
- Are your goals measurable
- Are the timelines realistic
- Have you set a big enough goal
- Have you prioritized your most important goal

Your long term ideal body/fitness goal. If there were no limitations what would it look like and what would it be able to do. In some cases it may help to use another person's physique for visualization. Having a clear mental image is important.

Your one-year goal. What is your body weight and body composition goals for 12 months from today? What are some fitness, strength, performance, and lifestyle changes you want achieve during this period.

Your three month goal. This is your priority focus. What is your body weight and body composition goal for 3 months from now. Three months is a long enough time to make a noticeable difference in one's lifestyle but short enough for most to keep on track. After this period you will create another 3 month goal with new priority goals.

Your one month goals. What is your schedule for the next 4 weeks of training. What is your plan for this period for strength training, cardio, or other lifestyle activities. Plan them out in advance on your calendar.

Weekly goals. What is your weekly body weight and body composition goal. What will be your re-measuring time and day each week. How will it be measured.

Daily goals. What are the most important behaviours you must develop into habits to achieve all your goals above.

Personal record goals. What are some personal best records for performance, fitness, and health you'd like to achieve.

Please list anything that might affect your training – injuries, medical conditions, medication contraindications.