

Start Date: \_\_\_\_\_

Client: \_\_\_\_\_

Trainer: \_\_\_\_\_



## 3 month Goal Breakdown

Weight Goal

13 week (long term goal) \_\_\_\_\_

Cardio Goal

13 Week (long term goal) \_\_\_\_\_

Strength Goal

13 Week (long term goal) \_\_\_\_\_

Nutrition Goal

13 Week (long term goal) \_\_\_\_\_

### Weeks 1-5 goals

**Weight Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

**Cardio Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

**Strength Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

**Nutrition Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

Start Date: \_\_\_\_\_

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## Weeks 6-9 Goals

### **Weight Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Cardio Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Strength Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Nutrition Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

Start Date: \_\_\_\_\_

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## Weeks 10-13 goals

### **Weight Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Cardio Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Strength Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

### **Nutrition Goal**

Goal) \_\_\_\_\_

What I will do/change to reach this goal?

1) \_\_\_\_\_ 2) \_\_\_\_\_

What My trainer needs to do to help me reach this goal?

\_\_\_\_\_

Complete weeks 1-4 goals at first session along with fitness evaluation.  
Complete weeks 5-8 goals at final session of 4<sup>th</sup> week  
Complete weeks 9-13 goals at final session of 8<sup>th</sup> week  
Complete fitness evaluation during last week of contract  
Goals can be changed or modified at any time to help client reach full potential  
Goals need to be emphasized by both trainer and client  
Follow up and reminded of goals each week