Start Date Client Trainler	Start Date:	Client:	Trainer:
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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)	
Wee	eks 1-5 goals
Weight Goal	
Goal)What I will do/change to reach this goal?	
-	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	
Strength Goal	
Goal)	
What I will do/change to reach this goal?	
	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:	Client:	Trainer:

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	his goal?	
		
Cardio Goal		
Goal)		
What I will do/change to reach this goal?	2)	
1)	2)	
What My trainer needs to do to help me reach		
What My trainer needs to do to help me reach		
What My trainer needs to do to help me reach		
What My trainer needs to do to help me reach		
·		
Strength Goal	his goal?	
Strength Goal Goal)	his goal?	
Strength Goal Goal) What I will do/change to reach this goal?	his goal?	
What My trainer needs to do to help me reach Strength Goal Goal) What I will do/change to reach this goal? 1) What My trainer needs to do to help me reach	his goal?	
Strength Goal Goal) What I will do/change to reach this goal? 1)	his goal?	
Strength Goal Goal) What I will do/change to reach this goal? 1) What My trainer needs to do to help me reach	his goal?	
Strength Goal Goal) What I will do/change to reach this goal? 1) What My trainer needs to do to help me reach Nutrition Goal	chis goal?	
Strength Goal Goal) What I will do/change to reach this goal? 1)	chis goal?	

Start Date:	Client:	Trainer:

Weeks 10-13 goals

What I will do/change to reach this goal? 1)	
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?	
What My trainer needs to do to help me reach this goal? ———————————————————————————————————	
What My trainer needs to do to help me reach this goal? ———————————————————————————————————	
Goal)What I will do/change to reach this goal?	
Goal)What I will do/change to reach this 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)	
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 4th week

Complete weeks 9-13 goals at final session of 8th week

 $\label{lem:complete} \mbox{Complete fitness evaluation during last week of contract}$

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 $\,$