

# **“BOUNCE BACK” THE FITNESS CHAIR™**

## **PERSONAL GOALS SHEET**

Print - Save - Use

### IMMEDIATE/FUTURE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### DATES TO ACCOMPLISH THESE GOALS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### HOW AM I GOING TO ACCOMPLISH THESE GOALS?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### GOALS ACHIEVED:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_