

No Excuses! MW, LLC

Goal Setting Form

1. Please list your long-term health and fitness goals in order of importance.

#1. _____

Why is this goal important to you? _____

#2. _____

Why is this goal important to you? _____

#3. _____

Why is this goal important to you? _____

2. How do you plan to achieve these goals? (Consider frequency -list specific days and times-, intensity, duration, mode, etc.)

Goal #1 _____

Goal #2 _____

Goal #3 _____

3. How and when will these goals be measured? _____

4. What barriers or obstacles might keep you from reaching these goals?

Barriers

Strategies for overcoming barriers

5. What short-term goals can you set for yourself this week? _____

6. How will you reward yourself when your goal is achieved? _____
