

# NASM Goal Setting Worksheet



List three goals for fitness:

- 1.
- 2.
- 3.

Rate each of the goals on the five principles listed below by placing a checkmark in the appropriate column if the goal conforms to that principle.

Goal	Specific	Measurable	Action Plan	Realistic	Timely
1.					
2.					
3.					

Based on the above analysis what are potential goal-setting strengths and weaknesses?

Strengths:

---

---

Weaknesses:

---

---

# NASM Goal Setting Worksheet



Below are three opportunities for planning general fitness goals based upon the previous goals discussed. After each one write two specific, measurable goals that lead to reaching the general goal. In the final space specify one other general goal and two specific goals to reach it.

1. To improve my \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

2. To improve my \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

3. To improve my \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

4. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_