

Name:

Session Goal Formation Worksheet

PICK ONE from each category. Through October. Record results on reverse.

*Optional groups will be formed for those with a walking or weight loss goal, to be organized outside of class

Bicep Curl Assessment

Weight should be challenging for 10 reps 3x.

Dumbbell I selected is #_____

Address & Assess in Class PICK ONE

Category	Example	Personal Habit Plan and Starting Point
Strength (Reps/Weight)	<i>Increase 20-rep dumbbell weight, progress to toe push-up</i>	
Core (Reps/Time)	<i>Plank max time, full sit-up, pike ups</i>	
Mobility	<i>Height of squat, depth of lunge, toe reach (sitting or standing)</i>	

Address & Assess at Home PICK ONE

Category	Example	Personal Habit Plan and Starting Point
Physiological	<i>Improve posture, reduce daily pain or inflammation</i>	
Discipline/ Routine	<i>Sleep, daily stretching or other activity, meditation/prayer, step count*</i>	
Nutrition/ Weight Management*	<i>Water consumption, sugar break, protein grams, intermittent fast</i>	

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Post-Session Goals Assessment

In-Class Work

My Goal & Measurement Plan	Result

At-Home Work

My Goal & Measurement Plan	Result

Bicep Curl Re-test

10 reps 3x.

Dumbbell # _____

easy slightly challenging strenuous impossible

Improvement? Y/N

Will I keep the same weight for next session? _____