

WORKSHEET # 2: BASELINE & INTENDED GOALS

Physical:

Current Weight: _____ Current BMI: _____

Daily Calorie Intake to Maintain Weight: _____

Current Measurements: Waist _____ Shoulders _____
Arms _____ Chest _____

Desired Weight: _____ Desired BMI: _____

Daily Calorie Intake to Reach Desired Weight: _____

Recommended Vitamin and Mineral Supplements:

Specific Physical Goals:

Planned Exercises/Activity to Achieve Goals:

Mental/Emotional:

Areas of Strength in my Mental and Emotional Health That I want to Maintain:

Areas of Vulnerability in my Mental and Emotional Health Which I Desire to Strengthen:

Strategies I plan to use to strengthen my Mental and Emotional Health:

Books I Intend to Read that will Challenge Me:

Spiritual:

In what areas is my relationship with God healthy?

In what areas do I desire/need to grow in my relationship with God?

What areas in my Christian life do I need to focus on so that my relationship with God can flourish?

What people/resources am I going to connect myself with that will help me in my walk with God?

Scheduled Personal Bible Study Time, Place and Duration:

Scheduled Personal Prayer Time, Place and Duration:

Social:

What close relationships do I need to be investing in?

What new relationships do I desire to develop?

In what areas do I desire/need to grow in in order to deepen and strengthen my relationships?

What specific goals do I have in my relationships with others?

What can I specifically plan or schedule to help me achieve these goals?

Financial:

Current Assets: _____

Current Liabilities/Debts: _____

Current Income: _____

What Specific Financial Goals do I want to pursue?

What Steps or actions do I need to take to achieve those goals?
