

Corrective Lifestyle Fitness

☎ 980-721-0640

✉ dave@correctivelifestylefitness.com

🕒 By Appointment Only



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:
