

Goal-Setting Worksheet: Define Your Fitness Why

Why Do You Want to Train?

Take 2 3 minutes to free-write. No rules. Don t worry about how it sounds just write down why you want to get stronger, leaner, healthier, or feel better in your body.

Set a SMART Fitness Goal

Use the SMART method to create a goal that's Specific, Measurable, Achievable, Relevant, and Time-bound.

S - What exactly do you want to accomplish?

M - How will you measure progress?

A - Is it achievable for you right now?

R - Why does this goal matter to you?

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T - Whats your timeline for reaching it?

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Overcoming Obstacles

Think ahead - what might get in your way? Jot down a strategy for overcoming it.

Challenge: "I dont have time"

Strategy: _____

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Challenge: "I lose motivation"

Strategy: _____

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Challenge: "I dont know what to do"

Strategy: _____

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My Training Commitment

Use the grid below to track your workouts, habits, or movement days. Check them off as you go!

Signed: _____