



# INSPIRE ONE WELLNESS

*simple. whole. health.*

Setting goals is an important aspect of improving your health. Please fill out the questions below to assist you in completing them successfully.

List your long-term health and fitness goals in order of importance.

**Goal 1** \_\_\_\_\_

Why is this goal important to you?

Plan/Process to achieve goal? (How and when will goal be measured?)

**Goal 2** \_\_\_\_\_

Why is this goal important to you?

Plan/Process to achieve goal? (How and when will goal be measured?)

Words I would use to describe myself:

Rewards for Goals Accomplished:
1. _____
2. _____
3. _____
4. _____

What barriers or obstacles might keep you from achieving your goals?	
Barriers	Strategies for Overcoming Barriers

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Coach Signature: \_\_\_\_\_