



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 short-term health and fitness goals in order of importance.[weekly]

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

Remember the **SMART** acronym. Goals should be specific, measurable, action-oriented, realistic and timely. They need to be challenging but achievable. Finally, review your barriers and create strategies to overcome them.



INSPIRE ONE WELLNESS

simple. whole. health.

Goal 3 _____

Why is this goal important to you?

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

Goal 4 _____

Why is this goal important to you?

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

Utilize the Confidence Scale:
 From 1-10, how confident are you that you will be successful at this goal?

Goal 1:
Goal 2:
Goal 3:
Goal 4:

Check in: Is this goal SMART?

S – SPECIFIC
M – MEASURABLE
A – ACTION ORIENTED
R – REALISTIC
T – TIMELY

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

Name: _____ Date: _____

Signature: _____ Coach Signature: _____