



GOAL SETTING

GOALS

Which of the following lifestyle, health and fitness goals are important to you?

1. I want to...

Get fitter Get stronger Build muscle Lose body fat

2. I want to feel...

More awake Healthier More relaxed More in control

3. I want to have...

More time Less stress More energy More fun

COMMITMENT

4. How important to you is it that you achieve the goals above?

Not very Somewhat Very Extremely

5. What areas are you willing to work on to achieve these goal(s)?

Exercise Nutrition Stress / Mood



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MOTIVATION

In your experience which phrase best describes your motivation levels?

- I am self-motivated
- I find exercise easier to stick to if I have a partner
- I find exercise easier with regular appointments
- I usually experience some problems staying motivated
- I need constant motivation

SUPPORT

From the following list who is supportive of you achieving your goals?

				comments	
Family	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	<hr/>
Friends	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	<hr/>
Work colleagues	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	<hr/>

What are you expecting from your trainer / exercise consultant?
