

## Goals Work Sheet

<b>My Short term Goal is</b>	<b>Steps To take</b>
Goal:	
Weeks to Complete:	
<b>What Can Stop Me?</b>	<b>How will I overcome this?</b>
<b>My Ultimate Goal is</b>	<b>Goals I have accomplished</b>
Time Frame:	

### **Goal Setting tips:**

- Make your goals are realistic with a realistic time line in place
- Try to set specific goals rather than general
- Be realistic about what you must to do obtain those goals
- Set yourself up to succeed, start with smaller goals that lead to bigger goals.
- Keep your Answers Positive.

Keep in touch with your trainer to stay motivated.  
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