

Personal Goal Sheet

This personal goal sheet is very important because it is proven that if you set and write down a goal, you greatly increase your chances of achieving it. Also, the more we know about you, the more we can help you get to that next level!

What is your goal/s for this challenge?

Why is your goal/s important to you?

What have you tried before and why DID it or DIDN'T it work?

What are you going to do this time to make the outcome better?

What do you struggle with the most when it comes to your fitness goals?