

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

“Little by little, a little becomes a lot.” – Tanzanian Proverb

**Fitness Goals** What can you do? What do you want to improve?

Examples: push-ups, knee grabs, squats, etc.

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| **Goal** | **Actions to achieve goal** |
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**Health Goals**

Examples: body composition, cholesterol, weight, improving blood work from doctor, etc.

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| **Goal** | **Actions to achieve goal** |
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**Finance Goals**

Examples: income, debt reduction, retirement

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| **Goal** | **Actions to achieve goal** |
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**Family or Relationship Goals**

Examples: Reconnect with friends/family, dedicated time with friends/family, etc.

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| **Goal** | **Actions to achieve goal** |
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**Fun Goals** How will you have some healthy fun?

Examples: vacations, events, etc.

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| **Goal** | **Actions to achieve goal** |
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