

### **Good2Grand Goal Setting**

This document outlines the health and fitness goals to be achieved by training with Good2Grand Fitness.

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**How can a Good2Grand help you? Please check all that applies.**

- Lose weight
- Develop Muscle Tone
- Rehabilitate from an Injury
- Nutrition guidance
- Start an Exercise Program
- Sports Specific Training
- Increase Muscle Size
- Gain confidence
- Improve fitness
- Fun
- Motivation
- Other \_\_\_\_\_

**Please list in order of priority, and be as specific as possible, the fitness goals you would like to achieve in the next 12 weeks (make sure they are measurable, time bound and achievable):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How will you feel once you've achieved these goals?**

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**How do you rate health and fitness in your life at the moment?**

- Low priority
- Medium Priority
- High priority

**How committed are you to achieving your fitness goals?**

- Not very
- Semi committed
- Very committed

**What do you think is the most important thing Good2Grand can do to help you achieve your fitness goals?**

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**What do you feel are the main obstacles, behaviours or activities that could impede your progress towards reaching your goals?**

- Not training consistently,
- Not enough energy/too tired
- Upcoming holiday,
- Too busy with work,
- Social commitments
- Financial
- Injuries
- Family demands

**What is your ideal goal (drop two dress sizes, run in your first marathon, have more confidence to take a trip on your own, have more energy to keep up with the demands of family and work etc)?**

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**Is there anything else you would like to add?**

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