



StrongFast Fitness Goal Setter

Print this sheet and write your *outcome* goal for the end of the group in the space below, along with supporting information. Be sure to make your goal **measurable** and **realistic**. (The time frame is already set.) Some examples:

“Lose 6 inches off my waist”

“Be able to deadlift 2x my body weight AND run a 7-minute mile”

“Fit (comfortably) into my skinny jeans”

The following are **NOT** good goals:

“Lose some weight.”

“Look better in my swimsuit.”

For the “why” section, ask yourself why it's important to you to reach your goal. Then write why you gave that answer. Be as specific as possible, and really drill down to the emotions behind your goal. For example: “To be able to take care of my aging parents” (or growing kids). The more focused you can make your reasons for wanting to reach your goal, the more motivating it will be for you. This part of your goal setting is private so don't worry about needing to share it!

For the obstacles, consider what might hinder you in your quest, and what you can do about it. For example, an obstacle might be, “They give us donuts every Friday morning at work that are so tempting!” Your solution might be, “Bring a healthy but tasty snack I can enjoy instead of the donuts.” The more obstacles and solutions you can come up with now, the better prepared you will be during the remaining weeks. So make things easy on yourself later by thinking ahead! Continue on another sheet, if necessary, and update obstacles/solutions any time.

My goal is <i>(share it!)</i>	
Why?	
Why again?	
Potential Obstacles	Solutions