

Simplified:

2018 Health/Fitness Goals:

Please think carefully about your health/fitness goals for 2018!

Please list your primary 2-5 health/fitness/performance goals you have for yourself this year! Each goal you list below should have: the WHAT, WHY, HOW, WHO & WHEN?

What is your actual goal?

Why is this important to you (deep down why do you want to achieve this)?

How will you accomplish this (specific action plan or list of actions that need to be taken)?

Who will you enlist to help you (names of people that can assist you and help you reach your goal and how they will do this)?

When do you want to see this goal completed (an actual date of when you want the desired outcome to be finished)?

Goal #1:

Goal #2:

Goal #3:

Goal #4

Goal #5