

# PERSONAL FITNESS GOALS

Date: \_\_\_\_\_ | Goal Period: \_\_\_\_\_

## THE BIG VISION

CURRENT WEIGHT/BF%

TARGET WEIGHT/BF%

DEADLINE

S.M.A.R.T. OBJECTIVES

SPECIFIC ACTION STEP

FREQUENCY

## WEEKLY COMMITMENT

Mon  
Tue  
Wed  
Thu  
Fri  
Sat  
Sun

POTENTIAL OBSTACLES & SOLUTIONS

REWARD FOR COMPLETION

"Discipline is choosing between what you want now and what you want most."