

## Step 1 Worksheet: Goals Assessment

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

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

What do I want to accomplish in my fitness program (nutrition, exercise, and mindset)?  
The following are my outcome goals for the next four weeks:

Why do I want to accomplish these goals?  
These goals are important to me because:

I'll do just about anything to reach my goals but this:  
(Be as specific as possible)

When I reach these goals, what will I do for myself and how will I feel?

My past record of attaining my fitness goals is:

### **At the end of four weeks:**

Did I reach my specific goal for this period?

What are the reasons I did or did not reach my goal?

What did I learn this month?

What will I do better next month?  
(complete sheet for next 4 weeks)