Goal Template Worksheet

**SCHEDULE GOAL**

Frequency Commitment

Ex. Come to Gym 3x Week OR 13x Month

My Commitment: 20x / month

**6-WEEK GOALS**

Body Composition Commitments

1. Outcome Goal

Pick 1-2: Decrease Body Fat and/or Increase Lean Muscle. Based on your answer, we’ll configure an appropriate number to work towards.

My Goal:

2. Main Action Goal to Support Outcome Goal

Ex. Meal prep on Sunday’s for my weekly lunches.

My Goal:

3. Biggest Challenges to Achieving Action Goal

Ex. I don’t know what/how to cook.

My Biggest Challenge:

4. Strategies to Overcome This Challenge

Ex. Find easy-to-make recipes on bluprintfit.com and follow my nutrition guide.

My Strategies:

Performance Commitments

1. Outcome Goal (based on initial Baseline workout)

Ex. Increase my score/fitness by 10 reps

My Goal: Bench:

2. Main Action Goal to Support Outcome Goal

Ex. Consistently show up to class 3-5x/week.

My Goal:

3. Biggest Challenges to Achieving Action Goal

Ex. My work schedule seems to get in the way.

My Biggest Challenge:

4. Strategies to Overcome This Challenge

Ex. Block out time for my workouts at the beginning of each week.

My Strategies:

**90-DAY GOALS**

a. Improve Performance (ex. 10 push-ups in a row)

My Goal:

b. Improve Body Composition (ex. see tone in my arms)

My Goal:

c. Improve Lifestyle (ex. develop healthy eating habits)

My Goal:

**1-YEAR GOALS**

a. Improve Performance (ex. complete first pull-up or back squat my body weight)

My Goal:

b. Improve Body Composition (ex. be 100% comfortable in my bathing suit)

My Goal:

c. Improve Lifestyle (ex. be the “fit” person in my friend group)

My Goal: