



Goal Template Worksheet

SCHEDULE GOAL

Frequency Commitment

Ex. Come to Gym 4x Week OR 16x Month aka COMMITTED CLUB

My Commitment:

90-DAY 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 or other sources

My Strategies:

Performance Commitments

1. Outcome Goal

Ex. Improve DL by 5 Pounds

My Goal:

2. Main Action Goal to Support Outcome Goal

Ex. Consistently show up to class 4-5x/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 and make up DLs if missed.

My Strategies:

1-YEAR GOALS

a. Improve Performance (ex. complete first pull-up or DL 1.5x 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: