

GOAL SETTING

Simply print this sheet and answer the questions to identify your outcome goal, followed by 3 behavioural goals you'll commit to that will help you succeed with your health and fitness.

What's the single most important outcome goal for you to achieve right now? E.g. Lose X amount of weight in X amount of week....

Now choose three behaviour goals (that you have control of) that will help you achieve the above goal. E.g "I'll commit to exercise for 30 minutes per day for the next 6 weeks."

1

2

3

Keep this in a safe place where you'll see it every day (the fridge door is a perfect location). Soon you'll see some amazing progress towards your goals. Focus on the behavioural goals and the outcome goal will take care of it's self.