

SETTING YOUR HEALTH AND FITNESS GOALS WITH **ChapterU Fitness**

How can a Personal Trainer help you? (Please write your answers in the table below) -

- Lose Body Fat Develop Muscle Tone Continue to Rehabilitate an Injury
- Nutrition Education Start an Exercise Program Design a more advanced program Safety Sports
- Specific Training Increase Muscle Size Fun Motivation Other:

1. Please list in order of priority, the fitness goals you would like to achieve in the next 3-12 months?

- a)
- b)
- c)

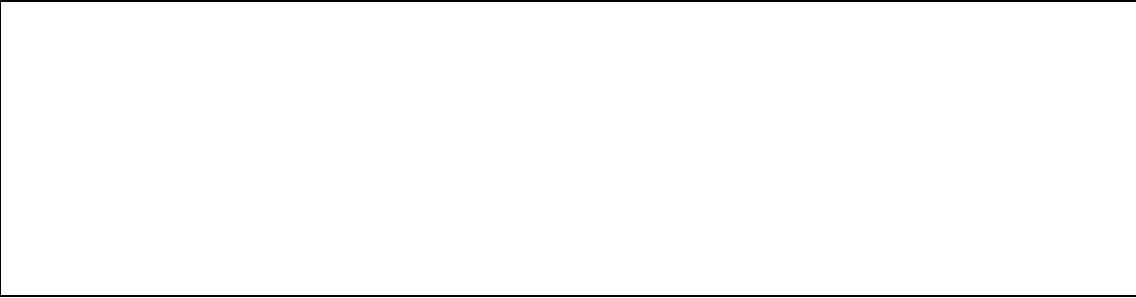
2. How will you feel once you've achieved these goals? Try to be as specific as possible.

3. Where do you rate health in your life? Low priority Medium Priority High priority

4. How committed are you to achieving your fitness goals?

5. What do you think the most important thing your Personal Trainer can do to help you achieve your fitness goals?

6. Outline what you feel are the obstacles or your potential actions, behaviors or activities that could impede your progress towards accomplishing your goals (i.e. not training consistently, upcoming vacation, busy season at work, not following the program, allowing other responsibilities to become a priority over exercise, etc.).



7. List 3-5 that you could use to potentially overcome these obstacles:
