Client \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal Inventory

1. SMART Goals:

|  |  |
| --- | --- |
| Write your SMART Goal: |  |

 Action Steps/Coaching tips Actions- Comments

|  |  |
| --- | --- |
| **Specific** - Need to be specific on what you want to accomplish. Try to summarize it in one thought. |  |
| **Measurable** – Put numbers to reach your goal. Can you determine how to quantify your outcome? Will you know that you have reached your goal? What affect will your goal have on your life? |  |
| **Attainable** – Phrase your goals that only you depend on yourself and not others to achieve this goal? Are there obstacles that prevent you from reaching your goal? |  |
| **Relevant** – Make your goals relevant to you. Is there anything else that is important and you have not shared? What would you like to change the most?  |  |
| **Time-Specific** – What is the time frame that you will reach this goal? How long to create and uphold a habit in this area?  |  |

1. “I think that my exercising at least four days a week, every week, is highly likely.” With respect to yourself, do you (Please circle the appropriate #).
2. Strongly agree
3. Agree
4. Disagree
5. Strongly disagree

If you circled 3 or 4 why? (Please be as specific as possible.)

1. When I reach this goal, here’s what I will get and how I will feel:
2. What are you looking for from the trainer? Why do you want personal training?