

DATE _____

Exercise Goals/Plan

Below are the primary lifestyle adjustments/commitments I will have to make in order for exercise to be a regular part of my life.

1. _____
2. _____
3. _____

Body Composition Goal(s)

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

Stability and Mobility (Flexibility) Goals

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

Endurance Goals

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

Strength Goals

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

House Records Goals

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

Additional Goals (Exercise, Diet, and/or Lifestyle Related)

1. _____ In One Month____ 6 months____ 1 year____
2. _____ In One Month____ 6 months____ 1 year____

Signed _____ PT Signature _____

Here is how I will schedule my workouts on a weekly/daily basis to accomplish my goals.

S	M	T	W	Th	F	S

Key: FBMC = Full Body Muscle Contraction, A = Aerobic (walking, cycling, etc.), R.T. = Resistance Training, C&B = Core and Balance, P.T. = Personal Training