

FREE Goal-Setting Worksheet

1. Personal Information

Name: _____

Date: _____

2. Define Your Main Fitness Goal

What is your primary fitness goal?

Goal: _____

3. Make Your Goal SMART

Specific:

What exactly do you want to achieve?

Measurable:

How will you measure your progress?

Achievable:

Is this goal realistic based on your current fitness level?

Relevant:

How does this goal align with your overall fitness vision?

Time-bound:

What is your deadline for achieving this goal?

Deadline: _____

4. Break It Down: Mini-Goals

List 3-5 smaller, achievable milestones to help you reach your main goal:

1. _____

2. _____

3. _____
4. _____
5. _____

5. Plan Your Weekly Action Steps

List specific actions you will take each week to move toward your goal:

Week	Action Steps	Progress
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____

6. Tracking Progress

How will you track your progress?

Weekly Check-In:

How will you hold yourself accountable?

7. Celebrate Your Success

What rewards will you give yourself for achieving your mini-goals and main goal?

1. _____
2. _____
3. _____

8. Reflections

After you achieve your goal, reflect on your journey:

What worked well?

What challenges did you face?

What will you do differently next time?
