**Health and Fitness Goals**

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Setting your Health and Fitness Goals**

I. How can a personal trainer help you?

*(Please tick or highlight that which applies)*



Loose Body Fat Design a More Advanced Programme

 

Develop Muscle Tone Safety



Rehabilitate an Injury Sports Specific Training



Nutritional Education Increase Muscle Size



Start an Exercise Programme Fun 

Motivation Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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III. How would you rate health in your life?

*(Please tick or highlight that which applies)*



Low Priority

 

Medium Priority



High Priority

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

*(Please tick or highlight that which applies)*



Not Very

 

50/50



Very

V. What do you think the most important thing your personal trainer can do to help you achieve your fitness goals?

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VI. Please highlight what potential obstacles or potential actions, behaviours or activities that could impede your progress towards accomplishing your goals?

(I.e - Not training consistently, upcoming holiday, busy period at work, not following the programme, other responsibilities, etc.)

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VII. Outline 3 methods which you think will overcome the barriers mentioned in question V1.

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