

Achieve!

with Michele Vaughan

Goal Setting:

Tell me about your current fitness and nutritional habits.

1. _____

2. _____

3. _____

1. Name three areas you would like to improve.

1. _____

2. _____

3. _____

2. How the absence of these goals impacted your life? Ex: I don't feel comfortable going on vacation to warm and sunny places. I can't walk very far without getting out of breath.

1. _____

2. _____

3. _____

4. What would an ideal weekly fitness schedule look like to you?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday