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Week 1 – Planning and Goal Setting

Name: _____ Date: _____

Weight: _____ Fitness Level: _____

What are my long term goals – where do I want to be 1 year from now?

1. _____

2. _____

3. _____

Are the goals SMART?

- Specific does the goal relate to me and what I want to achieve?
- Measurable will I be able to see my progress? How am I going to do it?
- Achievable is this an achievable goal for me? Can it/they be broken down into bite size chunks?
- Realistic is this goal realistic, am I tackling too much too quickly? Will I stick to it?
- Time related is this a reasonable timeframe for me to achieve my goal(s)?

How Ready am I to make this/these change(s)?

Not Ready -----Unsure-----Ready

Is now a good time to do this?

Do I have other priorities at this time which may affect my success?

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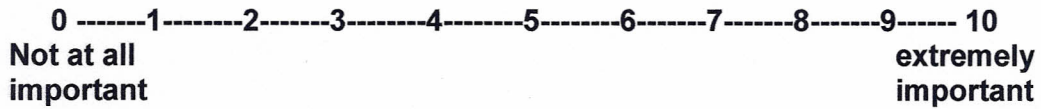
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How Important is it for me to achieve my goal(s)? – place a mark on the scale below



Why is this important to me? What difference will it make, what are the benefits, what are the costs?

What will happen if I make the change?

What will happen if I don't make the change?

Costs _____

Costs _____

Benefits _____

Benefits _____

Do I need to review where I am on the **Importance scale**?



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How Confident am I that I will achieve my goal(s)? – place a mark on the scale below



How will I achieve my goal - what do I need to do to improve my confidence?

Can my goals be broken down to small and medium term goals? – e.g. 6 months and 3 months or smaller?

What action(s) do I need to take to achieve my 3 month goal?
(e.g. actions for where am I now, where do I want to be?)

1. _____
2. _____
3. _____
4. _____
5. _____

Are there any pitfalls? - What if? How will I overcome them?
(Tip – if you have tried before what was successful/unsuccessful?)

Pitfall	Action
_____	_____
_____	_____
_____	_____
_____	_____

Do I need to review where I am on the **Confidence Scale**?