Goal Planning Worksheet

My Overall Top Fitness Goal(s): _____

I want to achieve this goal(s) by: _____

I want to achieve this goal because: _____

Now, identify outcome & habit goals for the next 30, 60 and 90 days, and 1-year:

30-Day Outcome Goal: _____
(What do you want to achieve in the next 30 days?)

Habit Goal 1: _____
Habit Goal 2: _____
Habit Goal 3: _____

Action Steps:
Things you need to do to achieve your outcome goal.

60-Day Outcome Goal: _____
(What do you want to achieve in the next 60 days?)

Habit Goal 1: _____
Habit Goal 2: _____
Habit Goal 3: _____

Action Steps:
Things you need to do to achieve your outcome goal.

90-Day Outcome Goal: _____
(What do you want to achieve in the next 90 days?)

Habit Goal 1: _____
Habit Goal 2: _____
Habit Goal 3: _____

Action Steps:
Things you need to do to achieve your outcome goal.

1 Year Outcome Goal: _____
(What do you want to achieve in the next 365 days?)

Habit Goal 1: _____
Habit Goal 2: _____
Habit Goal 3: _____

Action Steps:
Things you need to do to achieve your outcome goal.

Make sure your goals are specific, measurable, and big enough to excite you.

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You are likely to encounter challenges or obstacles during your strength training journey. What are they? Identify them now and what you can do to overcome those challenges (solutions). Do this now.

Identify potential challenges or obstacles and how you'll overcome them:

Challenge 1: _____

Solution: _____

Challenge 2: _____

Solution: _____

Challenge 3: _____

Solution: _____

Tracking Progress: You'll be tracking your progress toward your goal using the form in Appendix 3. In addition, every 30 days, go back to the Self-Assessment Tracking Sheet in Appendix 1 and record your progress against the baseline results.

Accountability Buddy: Who will help you stay accountable? Set regular check-ins. This can be a friend, family member, online buddy or even an online fitness app. The idea is to have fun and be consistent with your training.

Accountability Partner: _____

Check-in Dates: _____

Notes or Reflections:

Keep this worksheet somewhere visible and review it regularly to stay on track.