

## Exercise Schedule/ Goal Setting

### Exercises Schedule:

If you could design your own exercise program, what would an ideal training week look like to you? Please be specific.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

### Goal Setting

Please check ones that apply:

Lose Body Fat    Develop Muscle Tone    Rehabilitate an Injury    Nutrition Education  
 Start an Exercise Program    Design a more advanced program    Sports Specific Training  
 Increase Muscle Size    Motivation  

Other \_\_\_\_\_

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

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### Commitment

How committed are you to achieving your fitness goals?  Very    Semi    Not very

What do you think the most important thing your Personal Trainer can do to help you achieve your fitness goals?

\_\_\_\_\_

### Obstacles

Outline what you feel are the obstacles or your potential actions, behaviors or activities that could impede your progress towards accomplishing your goals (i.e. not training consistently, upcoming vacation, busy season at work, not following the program, allowing other responsibilities to become a priority over exercise etc.).

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