



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.).
