

Nutriforce Goal Sheet

Personal Goal Sheets (SMART = Specific, Measurable, Achievable or Action-Oriented, Realistic, and Time Bound.)

IN THE NEXT 30 DAYS I AM GOING TO:

Personal Goal One, [Weight/ Body Fat Loss]

I am going to:

Because I _____

Personal Goal Two [Fitness]:

I want to _____

Because I _____

Personal Goal Three [Discipline]:

I want to _____

Because I _____

Personal Goal Four [Healthy Eating]:

I want to _____

Because I _____

Personal Goal Five [Temptation]:

I want to _____

Because I _____

Work/Life Balance Strategy SMART = Specific, Measurable, Achievable or Action-Oriented, Realistic, and Time Bound.

My Strategy is: [Time Management]

I want to _____

Because I _____

My Strategy is: [Work vs. Health]

I want to _____

Because I _____

My Strategy is: [Relax vs. Stress]

I want to _____

Because I _____

Support for my goals

My support Partner is: _____

We agree to make contact every _____

We will make contact by: _____

Contact Information:

I'M GOING TO STICK WITH THIS PROGRAM AND LOSE BODY FAT, BECOME HEALTHIER, MORE FIT, AND LIVE A BETTER LIFE.

SIGNED

DATE