**2021 Committed Goals**

[What are you aiming to achieve? Suggest 2-5 maximum – should be Specific and Measurable]

*Movement, Strength, “Fitness” Goals for 2021*

1.

2.

3.

4.

5.

What do you think you will need to do in order to successfully achieve the goal(s) (should be Achievable?)

What do you think your biggest challenge will be in meeting your health/fitness goal?

What is the number one thing you are hoping to learn from your training?

Challenge Goals

[Anything you plan to work on in 2021 but may not be completed in this year – could be an event, skill etc.)

Support Goals

[Progressions, Levels, Building Blocks to achieve end goals]

1.

2.

3.

4.

Nutrition Goals

[Suggest just 1-2 small adjustments here]

1.

2.

Help Needed

[Any area of health and fitness – motivation, programming, nutrition coaching, flexibility etc.]