

GOAL SETTING

1. What is your main fitness goal?

2. When would you like to achieve this by?

3. Why is this goal important to you?

4. What has stopped you in the past?

5. What are 3 things you are going to do differently this time?

6. How will life look/feel when you achieve this?

7. How will you measure your progress? (Not using the scale)

Want a bit of support reaching your goals and ready to make them happen?

I've got you! You don't have to do this alone.

If your serious about starting your goal, but need help getting started or staying on track, just pop me a message or fill out an enquiry form

LivFit Training