

**GOAL SETTING FOR OFF SITE CLASSES**

For: \_\_\_\_\_ date: \_\_\_\_\_

State specific goal and time frame. Describe what you want to achieve.

What qualities are you looking for from a workout-

Peace and focus?

Toning?

Specific areas for toning?

Meditiation?

Cardiovascular fitness?

Strength and conditioning?

How frequently would you like to meet?

What time of day works best?

Do you prefer a 45 minute or 60 minute format?

Obstacles to meeting your goal:

Knowledge (What do you need to know more about?)

Skills (What skills must be developed?)

Are you interested in lectures or workshops related to health and fitness?