

HEALTH AND FITNESS ASPIRATIONS

For: _____ date: _____

How much time can you commit to exercising per week?

What times of the day are optimal for exercise appointments?

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

What are the benefits?

Where are you in relation to this goal?

What are the obstacles to meeting your goal?

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

Skills (What skills must be developed?)

Social support (what support do you have or how will you get it?)

What motivates you? This may be positive or negative.

Are there specific sports or activities that you would like to work on achieving with proficiency? Are there areas to focus on?