



PERSONAL GOAL SHEET

"A dream is just a dream. A goal is a dream with a plan and a deadline."
 — Harvey Mackay

40-DAY PLAN

(record stats, set goals, identify what motivates you!)

STATS

| | CURRENT | GOAL |
|---|---------|------|
| Weight | | |
| Measurements | | |
| Waist | | |
| Hips | | |
| Thigh (Right) | | |
| Upper Arm (Right) | | |
| Other: (# pushups to exhaustion, resting HR...) | | |

40-DAY GOALS

(set achievable goals for the next 40 days)

WORKOUT:

(ie. perform a HIIT workout 2x/week)

NUTRITION:

(ie. Drink 8-9 glasses of water daily)

OTHER:

| | |
|--|--|
| <p>MOTIVATION</p> <p>What's driving YOU to reach your goals? What's YOUR reward once you reach them?</p> | <p>INSPIRATION</p> <p>KEEP IT POSITIVE! focus on <i>what you're doing RIGHT</i> REMEMBER living a fit life is a lifestyle, not a quick fix!</p> |
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