



## Goal Planning

**What are your goals? Be specific. E.g. (Fat loss- how much? Muscle gain -how much? More energy)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Why are your goals important to you?**

---

---

---

---

---

**What is, and has prevented you from achieving your goals?**

---

---

---

---

---

**On a scale of 1-10 how serious are you about achieving your goals? Why?**

---

---

---

---

---

**Are you willing to make the necessary lifestyle changes to complete your goals? Why or why not?**

---

---

---

---

---

**What is your biggest challenge with your nutrition?**

---

---

---

---

**On a scale of 1 to 10 how committed are you to sticking to a nutrition program, why?**

---

---

---

---