



## FITNESS **GOAL** SETTING

Fitness Goal Templates



Raising The **Bar**





## eBook Notes

This eBook contains:

- 1 Long-Term Goal Example
- 1 Long-Term Goal Template
- 1 Medium Term Goal Example
- 1 Medium Term Goal Template
- 1 Short Term Goal Example
- 1 Short Term Goal Template

There is a template for your long-term, Medium term and short-term goals plus examples for each.

For my main long-term goal I like to write this goal in future tense as it helps to visualise yourself completing the goal.

If you need more help and would like coaching please contact me directly on <https://raisingthebar.fitness/get-in-touch/>

To sign up for an online program head to:

<https://raisingthebar.fitness/plans-packages/>



## Long Term Personal Goal (Example)

**Date:** 16/09/2018 (Date)

**I** John/Jane Smith (Name)

**Have** lost 3 stone in weight and reduced my body fat to 16% (Goal overview)

**I have achieved this because:** (Your Why)

I was no longer happy when I looked in the mirror. My body had changed to a point where I never imagined it would be. I no longer felt happy or comfortable. My confidence and self worth were at an all time low. For the first time ever I was classed as morbidly obese and for my own self esteem and health this was the time I knew I had to make a long lasting change

### Specific

I will lose 3 stone in weight and reduce my body fat percentage to at least 16%.  
As I do not do any current exercise and by diet is very bad I am going to enlist the help of a personal trainer and follow the plan they provide 100%  
I am going to do whatever it takes to achieve this goal.

### Measurable

After talking to my trainer the timescale to achieve this goal in completion is 6 months.  
Workouts will be tracked as I go, I will receive weekly weigh ins and body consultations to ensure I am on track to lose 1 stone every 2 months or 1.75 pounds a week minimum.  
I will follow the food plan and track what I eat as I go

### Attainable

After talking to my trainer the timescale to achieve this goal in completion is 6 months.  
Workouts will be tracked as I go, I will receive weekly weigh ins and body consultations to ensure I am on track to lose 1 stone every 2 months or 1.75 pounds a week minimum.  
I will follow the food plan and track what I eat as I go

### Realistic

This goal is realistic to me based on my starting point and my trainers advice.  
Based on me following the program 100% any deviation could result in my falling short and not achieving my goal

### Timely

The 6 month timescale is challenging but realistic as long as I stay on track.  
To help myself as much as possible this is broken down in my medium and long term goals

Signed

Date



## Long Term Personal Goal

Date:

I

Have

I have achieved this because:

**S**pecific

**M**easurable

**A**ttainable

**R**ealistic

**T**imely

Signed:

Date:



## Medium Term Goal (Example)

**Date:**

**Goal:**

### TRACKING NUTRITION

To ensure the best and quickest result I am going to track what I consume as I go.

I will do this by using an app on my phone called MyFitnessPal.

To begin with I am going to track as I go by scan barcodes and entering the amount I eat.

I am going to track as I am preparing or eating the food as leaving it to the end of the day and trying to remember everything will not work.

By using the app I can where I am going wrong and what changes I need to make.

Time Scale: 2 weeks

**Why:**

As I will be going to a trainer I feel he has the training side covered and I know that my biggest weakness is my diet.

I buy food I know is no good for me and unhealthy and if it is in the house I eat it without stopping.

I have no idea of any numbers of calories or macros I am consuming and at this stage I dont even care or would never of considered it.

But I now know that my diet is causing me to be unhealthy and my health is at worrying levels.

I need help and am willing to do whatever it takes

**Signed:**

**Date:**



## Medium Term Goal

**Date:**

**Goal:**

**Why:**

**Signed:**

**Date:**



## Short Term Goals (Example)

*These are a list of the smaller goals (milestones) needed to achieve the medium goal you just set*

GOAL	TIME SCALE
Download and install MYFitnessPal (get familiar)	Day 1
Track what I consume as I go	Day 2 - Day 14
At end of day check where I am going wrong	Day 2
Based on the RTB shopping list chose foods that will rectify shortcomings from the previous day	Day 3
Repeat this process.	Day 3 - Day 14
Ensure that you are getting closer and closer to achieving your recommended numbers each day	Day 3 - Day 7
Numbers should be pretty much right at this stage	Day 7
Continue to track and hit these numbers	Day 7 - Day 14
Start to try planning meals the night before	Day 8 - Day 14
Prepare food for your plan as opposed to tracking what you eat	Day 9
Stay consistent, find what works for you	Day 2 - ongoing

**Signed:**

**Date:**



## Short Term Goals

*These are a list of the smaller goals (milestones) needed to achieve the medium goal you just set*

GOAL	TIME SCALE

**Signed:**

**Date:**