

The Goal Setting Workshop

Outdoor Fitness is not just about a firmer butt and better biceps: It's about health, fitness and well-being, and creating a better lifestyle—a life with *style!* This takes more than just weight loss and firm muscles, however. For a happier, healthier, well-balanced life, it's important to create goals in all areas. So let's take a moment to explore what your goals in life *really* are:

1. **Specifically** what are your:
 - a. Fitness goals?

 - b. Health goals?

 - c. Mental clarity/stress control goals?

 - d. Social/family goals?

2. Why are these goals important to you?

3. In order to reach your goals, what is required of you?

4. Please rate your exercise level on a scale of 1 to 5 (5 indicating very strenuous) for each age range through your present age:
15-20 _____ 20-30 _____ 30-40 _____ 40-50 _____ 60-70 _____

5. Do you have any negative feelings toward or have you had any bad experiences with physical activity programs? What are they? Why?

6. Do you start exercise programs but then find yourself unable to stick with them? If you answered "yes," why don't you stick with the program? (Be honest with yourself!)

7. Rate yourself on a scale from 1 to 5 (1 indicating the lowest and 5 indicating the highest).
 - a. Characterize your present fitness ability:
 - b. When you exercise, how important is competition?
 - c. Characterize your present cardiovascular capacity:
 - d. Characterize your present muscular capacity:
 - e. Characterize your present flexibility capacity:
 - f. Characterize your present mental focus ability:
 - g. Characterize your present feelings of well-being:
 - h. Characterize your present feelings of social interaction:

8. How much time are you willing to devote to an exercise program?
9. Have you been exercising regularly? How many days per week?
10. Can you exercise during your workday?
11. Would an exercise program interfere with your job?
12. Would an exercise program benefit your job? How about your family?
13. Rank your goals in undertaking exercise: What do you want exercise to do for you?

Use the following scale to rate each goal separately.

Extremely Important	Somewhat Important	Not at all Important
1 2 3 4 5	6 7 8	9 10

- a. Improve cardiovascular fitness
- b. Body fat loss
- d. Improve sport performance
- e. Improve mood and stress reduction
- f. Improve flexibility
- g. Increase strength
- h. Increase energy level
- i. Feel better
- j. Enjoyment

15. By how much would you like to change your current weight? Body Composition (% fat)

(+) _____ lbs (-) _____ lbs./ _____ + or - % Body Fat

16. Again, *specifically* what are your health and fitness goals?

17. *Why* are these goals important for you to achieve? (Feel it!)

18. How would you feel if you accomplished these goals? (Feel it!)

19. How would you feel if you did not reach these goals? (Feel it!)

20. Visualize yourself accomplishing your goals. Really *SEE* it! How does this make you *FEEL*?

21. Create your exercise schedule:

<u>Day</u>	<u>Time Start/Time Finish</u>
a. Sunday	
b. Monday	
c. Tuesday	
d. Wednesday	
e. Thursday	
f. Friday	
g. Saturday	

22. Commitment Contract:

I _____ will begin my new lifestyle on _____, at
_____ o'clock. I am committed to my new lifestyle because I would like to
achieve my goal(s)

of _____

_____.

Signed _____ Date _____