

MotivatePT Fitness Goals Template

9 Steps to Success

1. Define Your Goal (Be Specific): What do you want to achieve?

(Example: "I want to complete a 5km run" or "I want to do 3 strength training sessions per week.")

Specific Goal:

Deadline:

2. Identify Your Why (Make It Compelling): Why is this goal important to you?

(Example: "To improve my energy levels and feel stronger.")

Primary Reason:

Additional Motivations (list at least 3):

3. Anticipate Challenges (Be Ready): What obstacles might you face?

(Example: "I might feel too tired after work SO it will have to be morning sessions")

Possible Challenges and Strategies to overcome them (list 3)

4. Create Your Action Plan: Break your goal into smaller steps: Step /Action / Timeline

(Example: "Run 2km every Monday, Wednesday, and Friday at 7 am.")

1

2

3

5. Track Progress (Stay Engaged)

How will you measure progress?

(Example: "Logging workouts in a fitness app, tracking distance on a smartwatch, or marking completed days on a calendar.")

6. How will you celebrate milestones?

(Example: "Treat yourself to new workout gear after completing a month of consistent workouts.")

7. Build Your Support System

Who can help you stay accountable?

(Example: "A personal trainer, a workout buddy, or a supportive friend.")

8. What tools or resources will you use?

(Example: "A fitness app, a calendar, or online coaching.")

9. Visualize Success and Dream Big!

Describe how achieving this goal will make you feel:

(Example: "I'll feel accomplished, energized, and more confident in my body.")

You're ready to conquer this goal.

Print or save this template and revisit it regularly to stay on track with your fitness journey! Put it somewhere you will see it daily.