

Goal Assessment Profile

Name: _____ Date: _____

What is the most important Benefit you want to achieve by joining Expert Fitness? What are your Fitness Goals?

What would you specifically like to change/improve about your physique / figure?
Where do you want see the greatest change?

What have you done so far to realize these goals? How long have you been trying to make these changes?

What stopped you in the past? What do you feel is different now?

Why is this important for you to do this now?

When were you in the best shape of your life? How did you feel?

Do you believe you can achieve these goals (refer to specific goal) now? **Why?**

What will happen if you fail?

What will be different in your life when you reach these goals?

On a scale of 1 to 10, how committed are you to reaching these goals?

