

General Goal	Specific Goal	Why?	Personal Notes
<b>Weight Loss</b>	<i>Ex: Lose 15 pounds within 6 months.</i>	<i>Ex: To feel more self-confident and project that to my family.</i>	
<b>Improve Strength</b>	<i>Ex: Be able to do 10 pull-ups and 20 pushups in one sitting within 3 months.</i>	<i>Ex: To go on a rock-climbing trip with friends next spring</i>	
<b>Improve Muscle Tone</b>	<i>Ex: Lose 5 inches around my waist and see flat abs when I stand naked in front of the mirror.</i>	<i>Ex: Decrease my risk for heart disease and diabetes while increasing libido with more testosterone from muscle tone.</i>	
<b>Manage Autoimmune Flare-Ups</b>	<i>Ex: Keep my eczema from coming back</i>	<i>Ex: The itchiness and irritation is really frustrating.</i>	
<b>Prevent Chronic Disease</b>	<i>Ex: Avoid the diabetes that has plagued my parents.</i>	<i>Ex: To not burden my children and spouse, and to have more time and energy to spend with them.</i>	
<b>Stay Fit Over the Long-Term</b>	<i>Ex: Maintain a size 6–8 and be able to walk 5 miles without pain until I'm in my eighties.</i>	<i>Ex: To feel comfortable in my own skin and be able to enjoy time with children and grandchildren.</i>	
<b>Choose Your Own Goal</b>			