

Elite Physiques, Inc.

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Goal Setting

We like to encourage setting and reassessing goals on a daily basis. Every day, decide what your goal for the day will be, whether it is working out for 45 minutes, drinking eight glasses of water, eating five vegetable servings, or consuming five small meals instead of three big ones. Pick an area that you need to focus on and then stick with it for the entire day. At the end of the day, reassess your goal. Did you achieve it? Yes - Congratulations! No – Why not? What can you do tomorrow to ensure success? You can reset the same goal or focus on a completely different area.

At the end of each week, look at your goal sheet. This sheet will allow you to get an overview of how you did throughout the previous week. It will help to determine which areas you are succeeding in and which areas require greater focus.

I the client _____ understand and agree to the following:

I will make good eating and exercise a priority in my life.

A. I will strength train _____ times a week

B. I will do cardio _____ times a week.

Type of Cardio _____

C. I will do mind/body work _____ times a week. Exp., Tai Chi, yoga, breathing, meditation, Chi gong

Type of mind/body work _____

I will not diet! I will eat in a way that nutrition will bring health and energy to my body. (A healthy body will be at a healthy weight.)

This is my nutrition plan,

Metabolic typing is the best way to achieve optimum health through nutrition. If interested see Sherry or Carla for more information.

Other Goals:

A. _____

How will I reach this Goal?

B. _____

How will I reach this Goal?

Assessment with _____ **(Trainer)** _____

Assessment date _____ **Re-assessment date** _____

Short term goals:

4 weeks

8 weeks

12 weeks

16 weeks

Long term goals:

6 months _____

1 year _____

Sleep Average hours _____ Goal _____

How will I reach my goal _____

Stress level;

1 being no stress, **10** being the most that I can have my average daily stress is a _____

Goal _____ . How will I get there? _____
