

Client Goal Assessment

The following set of questions is designed to help you clarify, reaffirm, and reconnect with your fitness goals, whatever they may be. It's my way of helping you help yourself through positive statements and actions.

1. I currently exercise _____ days per week with my trainer.
2. I currently exercise _____ day(s) per week on my own.
3. The reasons I have committed to an exercise program are:
 1. _____
 2. _____
 3. _____
 4. _____
4. When I am consistent with my exercise schedule, the following occurs:
 1. _____
 2. _____
 3. _____
5. When I am not consistent with my exercise schedule, the following occurs:
 1. _____
 2. _____
 3. _____
6. **My fitness goals are (make them specific and measurable, e.g. lose 10lbs, have a 25" waist, be able to do 50 crunches in a row, get to the gym 5x week):**
 1. _____
 2. _____
 3. _____
 4. _____
7. Staying healthy is important to me because:

8. In addition to exercise, I do the following to take care of myself and stay healthy:
 1. _____
 2. _____
 3. _____
 4. _____

9. I eat to support my fitness goals:

- all of the time
- most of the time
- some of the time
- none of the time

10. I think about the proportion of protein, carbohydrates, and fat I intake:

- all of the time
- most of the time
- some of the time
- none of the time

11. The things that prevent me from paying better attention to what I eat is/are:

1. _____
2. _____
3. _____

12. The following describes me:

- I am very serious about my fitness goals, and do whatever it takes to achieve them
- I want to be serious about my fitness goals, but I need help in creating, implementing and updating a fitness plan & diet program
- I discuss my goals, but external circumstances often preclude me from achieving them
- Fitness & diet programs have not been a priority in my life and I've had a hard time achieving success with those that I have tried

13. I feel _____ about myself when I am working as hard as I know I can to achieve what's important to me.

14. I feel _____ about myself when I am not working as hard as I know I can to achieve what's important to me.

15. What barriers do I perceive to be in the way of me achieving my goals?

1. _____
2. _____
3. _____
4. _____

16. Which of the above do I have control over?

1. _____
2. _____
3. _____
4. _____

17. What would it take for me to dissolve those barriers?

1. _____
2. _____
3. _____
4. _____

