

Goal Setting Form

NAME _____

Designate your specific goal(s) for this course.

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Improve Total Fitness
This exercise program is designed for the average person to promote general health. Good choice for first-time exerciser for fast overall results.

Improve Muscular Endurance
This exercise program is designed for the exerciser to promote muscular development and tone for everyday healthy living. Good choice for exerciser with good CV fitness foundation, or emphasis on osteoporosis prevention.

Improve Muscular Strength/Muscular Size
This exercise program is designed for the person who desires to focus mainly on muscular strength and/or body size and weight gain.

Improve Cardiovascular Endurance
This exercise program is designed for the person who desires to focus on heart health stamina.

Weight Loss
This exercise program is designed for the person desiring to lose body fat and promote general fitness.

Sports Training
Sport: _____

Improve Core*
This exercise program is designed for the person who desires to strengthen the core muscles, including abs, back and pelvis.

Improve Balance*
This exercise program is designed for the person recovering from injury or balance issues.

Other/Special Issue

*Must select another main goal also.