

EPTI Goal Setting Questionnaire



Please list in order of priority, THREE fitness goals you would like to achieve in the next 3-12 months:

1:

2:

3:

How will you feel once you've achieved these goals? be specific

Where are you now in relation to your goals?

Where do you rate health in your life? low priority / medium priority / high priority

How committed are you to achieving your fitness goals on a scale of 1-10 ?
(1= not committed, 10= very committed)

1:

2:

3:

What do you think is the most important thing I can do to help you achieve your fitness goals?

Outline what you feel are the obstacles or your potential actions & behaviours that could impede your progress towards accomplishing your goals:

Outline 3 tasks that you plan to use daily to overcome these obstacles:

1:

2:

3: