

Fitness Goals Planner Template

Step 1: Set your goal.

- What is your reason? Why are you starting on this fitness journey? Eg. I want to get fit to lead a healthier lifestyle, I want to start running because it will be good for my mental health.

- Based on this reason, what is your specific, measurable goal? E.g. I want to be able to run 5k in 3 months' time.

- Is there a competitive aspect that you can add to it? E.g. Sign up for a 5k, Make a bet with a friend.

Step 3: Find someone to hold you accountable

- Who can you get that will make you stick to your plan? Why are they suitable?

- How often will they check in with you? (Once a week, every day, Every Wed & Fri etc)

- How will you communicate? (E.g. text, face to face, phone call)

Step 4: Have suitable clothing & equipment

- What sort of clothing / equipment do you need or that will help you to reach your chosen goal? (E.g. Running Shorts, Foam Roller, Yoga Mat, Skipping Rope?)

- What clothing do you feel most comfortable in while doing exercise? Do you have this already?

Step 5: Build a habit

- Can you commit to sticking to your plan for 45 days? Focus on these 45 days and get through them. Then your habit will be built and it will be much easier to stick to your plan.

- Is there anything in particular that will help you to stick to your plan for the first 45 days?

Best of Luck!

