

FITNESS GOALS

and Progress Tracker

Name: _____ Start Date: _____ Review Date: _____

MY FITNESS GOALS		
GOAL	WHY IT MATTERS	TARGET DATE
 STRENGTH		
 ENDURANCE		
 HEALTH		
 LIFESTYLE / HABITS		

MY ACTION PLAN				
ACTION STEPS	HOW I WILL DO IT	SCHEDULE / FREQUENCY	RESOURCES / SUPPORT	DONE
				☐
				☐
				☐
				☐

PROGRESS TRACKER								
DATE	WORKOUT / ACTIVITY	DURATION (MIN)	INTENSITY (1-5)	MEASUREMENTS / NOTES				HOW I FELT (1-5)
				WEIGHT	REPS / SETS	DISTANCE	OTHER	

INTENSITY & HOW I FELT SCALE: 1 = VERY EASY 2 = EASY 3 = MODERATE 4 = HARD 5 = VERY HARD

NOTES & REFLECTIONS
What is working well? What can I improve?

MOTIVATION & REMINDERS
Why I keep going:

Affirmation / Reminder:

— Small steps today. Stronger tomorrow. —

