# Client Goals:

Your goals or aims are what you intend to achieve. Research shows a positive link between people with clearly thought-out goals and their level of success.

**1. What are your major goals / targets?**

Weight loss / gain

General fitness

Aerobic conditioning

Gaining Lean Muscle

Muscular endurance

Muscular strength

Improved flexibility

Nutrition/Diet

Other:

**2. Are there any body parts in particular that you wish to train?**

Legs Arms Bum

Stomach Chest Core Other?

**3. What are your top three training/nutrition goals?**

1)

2)

3)

**4. How long after beginning your training do you expect it to take to begin to see changes in your body?**

1 week / 2 weeks / 4 weeks / 6 weeks /

2 months / 3 months / 6 months / 9 months / year +

**5. Do you have a specific event / date you want to achieve these by?**

e.g. Marathon / Next event participating in

**6. How would you describe your current knowledge of exercise and fitness training?**

 I am not familiar / I have a little experience /

I am quite experienced / I am an expert

**7. What’s your current exercise routine?**

**8. What will motivate you to achieve your goals?** E.g. more definition with abs in 2 months time / visible growth

**9. How motivated are you to achieving your goals?**

Least 1 2 3 4 5 Most

**10. What, if any, are your expected barriers towards your exercise program? What are some things you struggle with?**  (E.g. long work hours, lack of facilities or time)