



*Holistic Personal Training Services™  
Move better....Live better.™*

## **MY HEALTH AND FITNESS GOALS AND LEVEL OF COMMITMENT**

### **Primary Objectives**

- 1.
- 2.
- 3.

### **Short Term Goals**

- 1.
- 2.
- 3.

### **Long Term Objectives**

- 1.
- 2.
- 3.

**NAME** \_\_\_\_\_

**DATE** \_\_\_ / \_\_\_ / \_\_\_