



488 Castlefield Avenue
Toronto, Ontario
M5N 1L6
416 725 7054
contact@boomersforfitness.com
www.boomersforfitness.com

GOAL PLANNER

Goal Type (circle one): Short Term
(4-8 weeks)

Mid-Term
(8 weeks – 6 months)

Long Term
(6 months +)

Goal: _____

How I am going to accomplish my goal: _____

Date I will begin: _____

Date I would like to accomplish my goal: _____

Date I will re-evaluate my goal: _____

Date goal accomplished: _____

I will reward myself for achieving my goal by: _____

I commit myself to the above goal and commit to exercise as deemed necessary and realistic. I understand that the best results for such an undertaking occur with steady and consistent participation. I will exercise within my means and inform my trainer of any discomfort during my personal training session or if I am having trouble reaching my goal.

Client's Name _____ Trainer's Name _____

Signature _____ Signature _____

Date _____ Date _____