

# Fitness Goal Setting

**Name:** Kevin Crowe

**Date:** July 30, 2050

**Target Accomplishment Date:** July 30, 2051

## My Goal

Lose 100 lbs after one year.

Things I Should Do To Reach My Goal	Things I Should Avoid To Reach My Goal
Applying for a gym membership near my home.	Disregarding chances and opportunities to exercise.
Jogging and walking for 30 minutes around the neighborhood.	Sitting and not doing any physical activities all day.
Mountain trekking every weekend.	Stocking junk and processed foods in the house.
Waking up at 6 AM to go to the gym every day.	Eating at fast-food restaurants.
Losing at least 10 lbs every end of the week.	Consuming sugary foods and drinks.
Storing vegetables and fruits in the pantry.	Consuming too much beer.
Coordinating with a nutritionist for my diet.	Not planning or setting small goals to achieve the main goal.

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