**CLIENT GOAL SETTING CONTRACT**

Client Name:

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. **How can a Personal Trainer help you? Please check that which applies.**

⬜️Lose Body Fat ⬜️Develop Muscle Tone ⬜️Rehabilitate an Injury

⬜️Nutrition Education ⬜️Start an Exercise Program ⬜️Design a more advanced program ⬜️Sports Specific Training ⬜️Increase Muscle Size ⬜️Motivation

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

Weight loss / gain

General fitness

Aerobic conditioning

Muscular endurance

Muscular strength

Improved flexibility

Nutrition/Diet

Other:

1. **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

1. **If you currently exercise, would you say your routine is:**

⬜️Ineffective ⬜️Effective ⬜️ Very Effective

1. **Where do you rate health in your life?**

⬜️Low priority ⬜️Medium Priority ⬜️High Priority

1. **What are your short, medium and long term goals for the following? Use the SMART principle (specific, measurable, achievable, realistic, time bound)**

*General health and fitness*

Short (1 month) –

Medium (3-6 months) –

Long (6 months – 1 year) –

*Nutritional*

Short (1 month) –

Medium (3-6 months) –

Long (6 months – 1 year) –

1. **What will motivate you to achieve your goals?** E.g. beach holiday in 6 months time / wedding dress to fit into
2. **Outline what you feel are the obstacles or your potential actions, behaviours or activities that could impede your progress towards accomplishing your goals** (I.e. not training consistently, upcoming vacation, busy season at work, not following the program, allowing other responsibilities to become a priority over exercise etc.)
3. **Outline 3 methods that you plan to use to overcome these obstacles:**

a)

b)

c)

1. **How committed are you to achieving your fitness goals?**

1. **What do you think the most important thing your Personal Trainer can do to help you achieve your fitness is?**