

**Health and Fitness Goal Setting Worksheet**

<b>Goals</b>	<b>Outcome Base</b>	<b>Behavior Based</b>
<b>Specific</b> <i>What specifically will you do?</i>		
<b>Measureable</b> <i>What will measure your progress?</i>		
<b>Attainable</b> <i>Is this goal realistic and can you do it?</i>		
<b>Relevant</b> <i>Why is this goal important?</i>		
<b>Time-bound</b> <i>When or how often will you complete this goal?</i>		