

Personal Goals

Rank your goals in undertaking exercise

(use the following scale to rate each goal separately – 1 being the most important, 9 being the least important)

Extremely important 1, 2, 3

Somewhat important 4, 5, 6

Not at all important 7, 8, 9

Improve overall health	_____
Improve cardiovascular fitness	_____
Increase strength	_____
Body fat / weight loss	_____
Increase energy level	_____
Reshape or tone my body	_____
Increase muscle size	_____
Nutrition education	_____
Improve moods/ability to cope with stress	_____
Improve flexibility	_____
Improve performance for a specific sport	_____
Feel better	_____
Enjoyment	_____
Sports specific training	_____
Rehabilitate an injury	_____
Other (please specify)	_____

