

Le Physique Personal Training SMART Goal setting worksheet

What is your goal? (Use the “S” and “M” in S.M.A.R.T here)

What action steps will you take to achieve your goal? (Use the “A” in S.M.A.R.T here)

How can we help empower you to achieve your goal? (sub “A” in S.M.A.R.T)

Is this goal realistic? (“R” in S.M.A.R.T) YES NO

How long should it take to achieve your goal? (Use the “T” S.M.A.R.T here)

What is your **REWARD** to yourself going to be after you have achieved your goal? Oh yes, rewards are an extremely important part of this process!

Need clarification? Call us at 604 873-2255 ~ we’re here to help!