



### **STEP 1**

Make a list of the top 10 health and/or fitness goals you'd like to achieve in the next **3-6 months**. (Be specific and measurable).

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

### **STEP 2**

Circle the **#1 most important goal** to you right now (Pick One).

**#1 GOAL:** \_\_\_\_\_

*You will relentlessly FOCUS on this until you achieve it.*

\*Make sure you can measure this in some way.

### **STEP 3**

**WHY** is this goal most important to you right now? (list reasons why)

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### **STEP 4**

List 3 other goals from above that can potentially be achieved by focusing on the big goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **STEP 5**

What do you need to do, specifically, to achieve this goal? (bullet point what you need - plans, habits, skills, help, etc.)