**Personal Goal Sheet**

This personal goal sheet is very important because it is proven that if you set and write down a goal, you greatly increase your chances of achieving it. Also, the more we know about you, the more we can help you get to that next level!

**What is your goal/s for this challenge?**

**Why is your goal/s important to you?**

**What have you tried before and why DID it or DIDN’T it work?**

**What are you going to do this time to make the outcome better?**

**What do you struggle with the most when it comes to your fitness goals?**