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## Goal Inventory

Today's Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

1. What I want to accomplish...

My outcome goals for the next 12 weeks are:

2. Why I want to accomplish these goals...

These goals are very important to me because:

3. I'll do almost anything except...

I am willing to do anything within reason to reach these goals, other than (please be as specific as possible):

## Goal Inventory Continued...

### 4. The amount of time I can devote...

I am able to commit to exercising this many hours each week:

- 1 hour                       2 hours                       3 hours  
 4 hours                       5 or more hours

If less than 3 hours, please explain why:

### 5. I am willing to follow all instructions to the letter especially regarding diet for 12 weeks in order to achieve my goals.

yes  no

### 6. I am aware that nutrition is at least 80% responsible for weight gain or loss, even when exercising.

yes  no

### 7. When I reach my goal, here's what I will get and how I will feel:

### 8. I rate my commitment to reaching my goals as (scale of 1 to 10, 1 being not committed at all and 10 being very committed):