

NAME: _____ DATE: _____ PERIOD: _____

PERSONAL WEIGHT TRAINING GOALS

In order for a goal to happen, you need to write it down and take the necessary actions to attain the desired outcome. Use the space below to write at least 2 SMART goals for this class.

S—specific, M—measurable, A—attainable/achievable, R—realistic, and T—time oriented

1.

2.

3.