

A photograph of a gym interior. In the foreground, there is a white and black adjustable bench. Behind it, several other gym machines are visible, including a leg press machine and a rowing machine. A large window on the right side of the image lets in natural light, showing greenery outside. The text "FITNESS GOAL PLANNER" is overlaid in large, white, bold, italicized letters with a black outline.

FITNESS GOAL PLANNER

BUILDING LEAN
MUSCLE



**STRONG MIND
STRONG BODY**

Fitness Goal Plan

GOAL

START DATE:

DUE DATE:

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

MY GOAL

GOAL

☐

WHY DO I WANT TO REACH THIS GOAL?

HOW WILL I FEEL WHEN I HAVE REACHED THIS GOAL?

STEPS TO TAKE TO ACHIEVE THIS GOAL?

REWARD

Fitness Goal Plan

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