

LVC Fit Club

Goal Sheet

🏃 Short-term goal (4 week period): _____

Action Plan:

1. _____

2. _____

3. _____

🏃 Intermediate goal (2 month period): _____

Action Plan:

1. _____

2. _____

3. _____

🏃 Long-term goal (3 month period): _____

Action Plan:

1. _____

2. _____

3. _____

******* Start with long term goal in mind and work backwards as to how to achieve that goal, therefore creating short term and intermediate goals that will lead to the ultimate goal.