

BOOTCAMP TULSA

Fitness Goal Assessment

Name: _____ Today's Date: _____

1. What I want to accomplish in my fitness program:

(These are my outcome goals for the next 4 weeks while training with Bootcamp Tulsa.)

2. Why I want to accomplish my goals:

These goals are very important to me because.....

3. I will do just about anything except this:

I am willing to do anything within reason to reach my goals except.....

4. When I reach these goals what I will get and how I will feel:

5. My past record of attaining my fitness goals has been: