Your long term ideal body goal. What does your ultimate ideal body look like? Don’t hold back - think big. You may want to use another person’s physique for inspiration. If so, who is your role model?

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Your one year goals. What is your body weight and body composition goal for 12 months from now? What are some fitness, strength, performance and lifestyle change goals you want to achieve during that year?

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Your three-month goal. What is your body weight and body composition goal for 3 months from now? (This is your “focus-priority” goal and the one you’ll also put on a goal card and carry with you at all times, reading it as often as possible).

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Your one-month goals. What is your schedule for the next 28-day training block? What are your cardio and resistance training goals for this 4-week period?

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Weekly goals. What is your weekly body weight and body composition goal? What will be your official weigh-in and body fat testing day every week? How will you measure?

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Daily goals. What are the most important behaviors you must develop into habits and repeat every day to reach all your fitness and body composition goals?

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______________________________________________________________________________________

Personal record (PR) goals. What lifetime personal best records for performance, fitness and physical condition do you want to achieve?

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