



**BCRPA Personal Training ICE  
Business Aspects**

**Form D**

**GOAL SETTING INFORMATION:**

In order to increase the chances of being successful at achieving goals, a certain protocol should be followed. It is easier to accomplish personal goals if they can be clearly identified. Ensure that all goals are "SMART".

- S = Specific - provide details, how long, how much, etc.
- M = Measurable - how will you measure whether or not you have reached the goal?
- A = Attainable - be realistic, set smaller goals
- R = Relevant - make the goals specific to health and fitness
- T = Time Frame - set specific dates for the goals

Outline specific health and fitness goals based upon chosen case study; obstacles which may impede your client reaching their goals; and action plans for your client for Phase I (short term – i.e. 2-6 weeks) and Phase II (long term – i.e. 4 -12 months).

**GOAL SETTING:**

*Maximum of 4 points per goal (Phase I Goals = 4 points, Phase 2 Goals = 4 points) and will be based upon application of the SMART principle.*

**D1. Phase I Goals (Short Term – i.e. 2 to 6 weeks)**

Goal	Timelines	Obstacles	Action Plans	Score
a.				/4
b.				/4
c.				/4

**Total D1: \_\_\_\_/12**

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**GOAL SETTING:**

## D2. Phase II Goals (Long Term – i.e. 4 to 12 months)

Goal	Timelines	Obstacles	Action Plans	Score
a.				/4
b.				/4
c.				/4

Total D2: \_\_\_\_/12

Total Form D: \_\_\_\_/24