



Power For Life Fitness
Fit Fun and Fantastic

GOAL SETTING WORKSHEET

2020

Goals For the Year

FITNESS:

HEALTH:

CAREER:

FAMILY & FRIENDS:

FINANCES:

Quarter 1 (Jan-Mar)

FITNESS:

HEALTH:

CAREER:

FAMILY & FRIENDS:

FINANCES:

Quarter 2 (Apr-Jun)

FITNESS:

HEALTH:

CAREER:

FAMILY & FRIENDS:

FINANCES:

Quarter 3 (Jul-Sept)

FITNESS:

HEALTH:

CAREER:

FAMILY & FRIENDS:

FINANCES:

Quarter 4 (Oct-Dec)

FITNESS:

HEALTH:

CAREER:

FAMILY & FRIENDS:

FINANCES: