



# EXERCISE GOALS – Short Term and Long Term

The information obtained will be treated as confidential and will not be released to any person without your prior consent.

Name -

Physio -

Date -

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What are your short term goals? ie. What would you realistically like to achieve over the next 12 weeks?

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What are your long term goals? ie. What would you realistically like to achieve over the next 12 months?

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How many hours per day (on average) can you devote to achieving these goals?

How many days per week (on average) can you devote to achieving these goals?

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What do you perceive to be your greatest weaknesses and threats to your achieving your goals?

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What do you perceive to be your greatest strengths and opportunities for achieving your goals?

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How will you know that you have achieved your exercise goals? And how will you feel?