

Sculpt SMART Shape Goal worksheet

Why am I doing this?

Who am I doing this for?

My Body Shape Goal What do I want to achieve? (and remember - **be specific!**)

Measuring Progress

How I will measure my progress:

How often I will measure it:

What am I prepared to do to reach my goal/s?

Changes I will make, changes I want to make but will need help with etc...

I won't forget to reassess my goals as I progress ...

My Timeline

Milestones & Dates that are important to me

What I want to see (which goals or part of my goal)

Signed:

Date: