



The

ANNIHILATING

→ Fitness Goals

WORKBOOK



YOUR STEP-BY-STEP GUIDE TO
CRUSHING ANY FITNESS GOAL

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Step 1: WHAT DO I REALLY WANT?

Step 2: WHY DO I WANT THIS?

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Step 3: WHAT AM I FOCUSING ON NOW?

Step 4: PINPOINT THE GOAL

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Steps 5 & 6: WRITE YOUR GOAL & SET A DEADLINE

MY GOAL IS:

START DATE: _____ DEADLINE: _____

QUALITY CHECK

Is this goal specific? Yes No

How will I measure my progress?

Is this something I can realistically accomplish? Yes No

Step 7: MINI-GOALS

Months between Now & Deadline _____

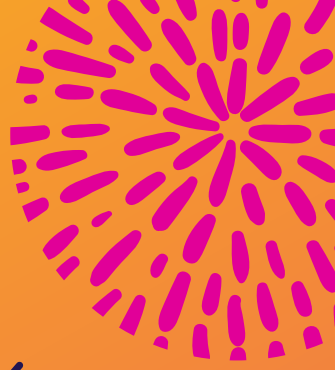
Weeks between Now & Deadline _____

_____	<input type="checkbox"/> Monthly	<input type="checkbox"/> Weekly
_____	<input type="checkbox"/> Monthly	<input type="checkbox"/> Weekly
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_____	<input type="checkbox"/> Monthly	<input type="checkbox"/> Weekly

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Steps 8 & 9: SET ACTION STEPS & DEADLINES

		Completed
▶ _____	DEADLINE: _____	<input type="checkbox"/>
▶ _____	DEADLINE: _____	<input type="checkbox"/>
▶ _____	DEADLINE: _____	<input type="checkbox"/>
▶ _____	DEADLINE: _____	<input type="checkbox"/>
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▶ _____	DEADLINE: _____	<input type="checkbox"/>

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Steps 12: REVIEW YOUR ACCOMPLISHMENTS

MY GOAL WAS:

DATE: _____

DID I ACCOMPLISH THIS GOAL?

Yes

No

WHAT DID I DO WELL?

WHAT WILL I DO BETTER NEXT TIME?
