

SMAC Fit Pass Goals



Logging Goals

Month _____

Help your participants come up with realistic goals based on the previous month's performance. These goals should be objective and simple each month. For example, being able to do 10 pushups on their feet, holding a plank for >30 seconds with perfect form, etc. The trainer should be involved with helping the members come up with these. These should be logged the very first session of each month. This is an internal document that will need to be turned into the Fitness Admin Assistant when members get reassessed.

Session Name _____

Session Day/Time: M T W R F Sa Su _____ AM / PM

Member 1 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____

Member 4 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____

Member 2 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____

Member 5 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____

Member 3 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____

Member 6 Name _____
Goal from prior month _____

Goal Achieved? Yes / No
Goal this month _____
