

## Goals

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It's time to brainstorm your goals!

Short term goals are those typically achieved within a narrow time frame- think 0-3 months. Short term goals can be stand alone goals, or viewed as "stepping stones" to achieving longer term goals. Long term Goals are those usually completed in 3-5 years, these goals take longer to achieve as they may require more work. To guide your thinking, ask yourself:

**"What improvements do I want to see in my fitness and health?"**

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### **My Short term goals (0-3 months):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Barriers to achieving these goals:**

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### **Ways to overcome barriers:**

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**We think differently.  
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## Goals

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### My Long term goals (0-3 months):

1.

2.

3.

4.

5.

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### Barriers to achieving these goals:

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### Ways to overcome barriers:

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