

NEW YEAR GOAL SETTING

SECTION 1: My Why

What's driving you? Is it energy? Confidence? Strength? Setting an example for your kids? Write down the deeper reason behind your goals — the one that will pull you forward on the hard days.

I want to feel... _____

I'm showing up because... _____

My biggest motivator is... _____

SECTION 2: My Fitness Goals

Examples:

Build consistency: Move my body ____ days per week

Build strength: Increase weights lifted from ____ lbs to ____ lbs

Improve endurance: Run a 5K / finish a challenge / complete 30 days of workouts

Progress > aesthetics: Do 30 push-ups / perform 1 pull-up

Recovery: Prioritize rest, stretching, and hydration

My fitness goals are... _____

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SECTION 3: Mindset + Motivation

What helps you keep showing up — accountability, community, faith, or routine? Write a short statement or affirmation you can come back to when things feel hard.

Examples:

Consistency AND adaptability; show up daily and give whatever % I have that day.

10 minutes is better than 0 minutes.

My 2026 fitness mantra is... _____

SECTION 4: My Commitment

I commit to showing up for my body, my health, and my energy this year.

Signature: _____

Date: _____