



In order for you to increase your chances of success in this program, it is important to set some extremely focused on goals...**YOUR GOALS!**

Please take a moment to write out your MS Life Change goals and place them somewhere you can see them on a regular basis.

**1) Set Realistic Goals (They must be *specific* and *attainable*.)**

List three physical goals or lifestyle changes you want to accomplish by the end of this program.

**MS Gym Goals:**

- 1.
- 2.
- 3.

**2) Set A Timeline For Your Goals:** Set a realistic amount of time to achieve these goals. Remember this program is 30 days but your goals can lead to permanent change. So choose small victories for each week to focus on.

I will achieve my MS Gym goals on (you don't have to pick 4):

Goal #1 \_\_\_\_\_

Goal #2 \_\_\_\_\_

Goal #3 \_\_\_\_\_

Goal #4 \_\_\_\_\_

**3) Feel Yourself Attain Them:** List out how you will feel when you attain your goals.

I feel \_\_\_\_\_ when I have \_\_\_\_\_

I feel \_\_\_\_\_ when I have \_\_\_\_\_

I feel \_\_\_\_\_ when I have \_\_\_\_\_



**Key Success Activities:** Now take some time to discuss what action steps will be needed to accomplish your goals. What will you need to accomplish for each week in the program to move toward your goals. It could be as simple as just doing the workouts every day or more complex like adding dietary changes.

**Goal / Week #1 Action Steps:**

- 1.
- 2.
- 3.

**Goal / Week #2 Action Steps:**

- 1.
- 2.
- 3.

**Goal / Week #3 Action Steps:**

- 1.
- 2.
- 3.

**Goal / Week #4 Action Steps:**

- 1.
- 2.
- 3.