

# Goal Inventory

Name \_\_\_\_\_ Date \_\_\_\_\_

## 1. What I want to accomplish

These are my outcome goals for the next 12 weeks:

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## 2. Why I want to accomplish these goals

These goals are very important to me because:

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## 3. I'll do almost anything except this:

I am willing to do anything within reason to reach these goals, other than (please be specific):

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**4. "I think that my exercising at least four days a week, every week, is highly likely." With respect to yourself, do you** (Please circle the appropriate number)

**1** Strongly agree

**2** Agree

**3** Disagree

**4** Strongly Disagree

If you circled 3 or 4, why? (Please be as specific as possible.)

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5. (Please complete the following sentence, be as specific as possible.) **When I reach this goal, I expect that I will feel:**

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**and I will want to [do]:**

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