

Goal Inventory

Client _____

Date _____

1. What I want to accomplish.

These are my outcome goals for the next 8 weeks:

2. Why I want to accomplish these goals.

These goals are very important to me because:

3. I'll do almost anything except this.

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

4. "I think that my exercising at least 4 days a week, every week, is highly likely." Please circle the number of the answer that best describes your response to this statement.

- 1 Strongly agree
- 2 Agree
- 3 Disagree
- 4 Strongly disagree

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

5. When I reach this goal, here's what I will get and how I will feel: