



## City of London Personal Training

Exercise simplified & results guaranteed....

**Goal setting review**

Read through your goals on page 1. Identify any things that you want that you don't currently have. These are the things you aspire to and should be listed below, along with actions you can take to achieve them. **Keep these close at hand and review regularly.**

**1 year goals:**

**Actions:**

**6 month goals:**

**Actions:**

**1 month goals:**

**Actions:**