

MONTHLY CHECK IN

WORKSHEET

What are my goals currently? (*Utilize SMART goals*)

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What is your **why**?

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What are three steps that we can work on right now to help you reach your goals?

1	
2	
3	

What are three changes you can make outside the gym to positively affect your health and wellness?

1	
2	
3	

This is a point system. Every month the goal is to **score better than the last month**.
 Ask yourself: *“How many days this month have you...”*

QUESTIONS	0-4 <small>(1 point)</small>	4-8 <small>(2 points)</small>	8-12 <small>(3 points)</small>	12-16 <small>(4 points)</small>	16+ <small>(5 points)</small>
... drank alcohol?					
... eaten out?					
... used other recreational substances other than alcohol?					
... cancelled/rescheduled exercise/sessions?					
... spent participating in recreationally sedentary behaviours?					
... stayed on track with eating healthy?					
... performed aerobic activity?					
... performed resistance training?					
... spent time with friends/family outside of work/school?					
... had a full, uninterrupted, night of sleep?					

Subtract red from green.

Score: