GOAL SETTING WORKSHEET

Name:  
  
Goal:

Weight:

% of body fat:

Measurements:

Bust:

Arms:

Waist:

Hips:

Legs:

How many calories I should eat a day:

Grams of Protein:

Grams of Carbs:

Grams of Fat:

My weight loss goal:

My body fat % goal:

My non scale goals: