



My Energyfirst Goal Setting Sheet – Objective Goals

My Top Goals

Date: _____

Select your top Goals (which can be **objectively measured**) from the list below on which to focus your energy. Be as specific as possible. Give a definite time frame in which you want to achieve those goals.

Goal One: Reduce Body Fat	I will lower my body fat percentage by _____ % <i>(Aim to lose 1-2% per month)</i>
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Two: Reduce Weight	I will lose _____ lbs <i>(Men aim to lose 1-2 lbs of fat per week. Women aim to lose ½-1 lb of fat per week)</i>
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Three: Restore Healthy Cholesterol levels	I will lower my Total Cholesterol to _____ , lower my LDL cholesterol to _____ , and increase my HDL cholesterol to _____ <i>(Aim to restore cholesterol levels to healthy ranges within 30-90 days, depending on your current levels)</i>
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Four: Lower Blood Pressure	I will lower my blood pressure to _____ / _____
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Five: Lower Resting Heart Rate	I will improve my cardiovascular fitness indicated by a lower resting heart rate of _____ BPM
Time Frame	By _____ (date)
Purpose	So I can _____

Remember what you place your focus on you will achieve.

My Energyfirst Goal Setting Sheet – Subjective Goals

My Top Goals

Date:

Select your top Goals (which can be **subjectively measured**) from the list below on which to focus your energy. Be as specific as possible. Give a definite time frame in which you want to achieve those goals.

Goal One: Increase Energy	I will increase my physical and mental energy levels
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Two: Manage & Reduce Stress Levels	I will reduce and manage my stress levels
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Three: Improve Moods	I will improve my moods
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Four: Improve Health Habits	I will improve my health habits, particularly _____
Time Frame	By _____ (date)
Purpose	So I can _____

Goal Five: Improve my eating habits	I will improve my eating habits, particularly _____
Time Frame	By _____ (date)
Purpose	So I can _____