

# CrossFit Goal Setting Worksheet

Goal Setting is critical to maintaining motivation in the gym and succeeding at habit and lifestyle change. This worksheet will help you find your next CrossFit goal (and you'll learn a lot about yourself).

Please answer honestly and completely. All answers are completely confidential, and will be shared only with the necessary coaching staff to help you achieve your goals.

**\* Required**

**1. First Name \***

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**2. Last Name \***

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**3. Email Address \***

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**4. Membership Type \***

Select your current Membership Type  
*Mark only one oval.*

- CrossFit (Unlimited Plus)
- CrossFit (Unlimited)
- Personal Training Client
- Women's Only
- Bootcamp

**5. Attendance \***

On average, how often do you come to class? (Select One)  
*Mark only one oval.*

- Less than 2x week
- 2x week
- 3x week
- 4x week
- 5x week
- More than 5x week

6. What drives you to workout? \*

Select all that apply.  
Check all that apply.

- Improving my body composition (weight and body fat %)
- Reducing stress
- Living a healthy lifestyle
- CrossFit competition
- Spending time with my friends at the gym
- Improving my health markers (blood pressure, cholesterol, etc.)
- Winning workouts
- Training for a non-CrossFit event
- Improving my performance at sports
- Learning and improving new movements/skills (muscle-ups, clean and jerk, double unders, etc.)

7. Which "drive" from the list above is most important to you? \*

Choose one from the list above and write in the box.

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8. Do you have a specific training goal now? \*

Mark only one oval.

- Yes
- No

9. If you answered "Yes", what is your goal?

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10. If you answered "Yes", would you like one of your coaches to help you develop a plan to reach your goal?

Mark only one oval.

- Yes
- No

11. **If you answered "No", would you like one of your coaches to help you choose a goal?**

Mark only one oval.

- Yes
- No

12. **Have you altered your diet since starting CrossFit? \***

Please select all that apply.

Check all that apply.

- I have not altered my diet
- I use the CF prescription: Meats and Vegetables, Nuts and Seeds, Some Fruit, Little Starch, No Sugar
- I eat a Paleo Diet
- I use the Zone Diet
- I measure my Macronutrient Intake
- I eat "cheat meals" occasionally
- I use post-workout supplements
- I use pre-workout supplements
- I eat vegan/vegetarian
- I exercise to compensate for poor dietary habits

13. **Would you like to speak to one of your coaches about your diet choices and performance? \***

Mark only one oval.

- Yes
- No

14. **Do you have additional questions or concerns you'd like to address with your coaches?**

What would you like to talk about?

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