



# My Lean Out Challenge Goals

Name \_\_\_\_\_

Define your S.M.A.R.T. Goal (*Specific, Measurable, Attainable, Relevant, Time Oriented*)

---

---

---

---

WHY is this goals so important for you to achieve?

---

---

---

---

Give me three steps you are going to take to make this a reality?

---

---

---

Signature \_\_\_\_\_

Deadline to Achieve Date: \_\_\_\_\_

**\*\*\*\*HOMEWORK:**

1. Email [jeff@fastfitbootcamps.com](mailto:jeff@fastfitbootcamps.com) with your goals by Saturday, September 11th
2. Write your goals down on an index card. Read them first thing in morning and the last thing before bed during EVERY day during this challenge. This is the KEY to your success!