

## Health and Fitness Goals

**Name:** .....

**Main Goals:** .....  
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**Physical Activity Likes/Dislikes:** .....  
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**Time(s) Available:** .....  
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**Barriers:** .....  
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**Access to gym, pool, equipment etc:** .....  
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**Support network, Supportive environment:** .....  
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**Other Comments/notes:** .....  
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**Date:** .....