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## 8-Week SMART Goal Template

Build Muscle - Improve Body Composition - Drop Body Fat

Client Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

End Date (8 Weeks): \_\_\_\_\_

Coach Name: \_\_\_\_\_

### SMART Goal Overview

#### S - Specific

What exactly do you want to achieve in the next 8 weeks?

Example: 'Build 4 lbs of muscle and decrease body fat by 2%.'

My Goal:

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#### M - Measurable

How will you measure your progress?

Choose one or more:

- InBody scans
- Progress photos

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- Strength gains (e.g., increased weights lifted)
- Body measurements
- Other: \_\_\_\_\_

### **A - Achievable**

Is this goal realistic based on your current routine, schedule, and training experience?

Tip: Most people can safely gain 0.5 lbs of muscle and lose 0.51.5 lbs of fat per week with the right

program.

[ ] Yes, my goal is achievable within 8 weeks.

[ ] I may need to adjust based on feedback from my coach.

### **R - Relevant**

Why is this goal important to you?

Example: 'I want to feel more confident this summer and improve my overall strength.'

My Motivation:

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### **T - Time-Bound**

Break your goal down into weekly or bi-weekly milestones.

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Week 1 | Baseline InBody scan, goal setting, nutrition dial-in, + initial photo

Progress Notes: \_\_\_\_\_

Week 2 | Strength training consistency, track food intake

Progress Notes: \_\_\_\_\_

Week 3 | Reassess weights lifted, InBody scan check-in

Progress Notes: \_\_\_\_\_

Week 4 | Progress review, adjust workouts/nutrition

Progress Notes: \_\_\_\_\_

Week 5 | Push intensity, focus on progressive overload

Progress Notes: \_\_\_\_\_

Week 6 | InBody scan, check muscle gain/fat loss

Progress Notes: \_\_\_\_\_

Week 7 | Final push week increase volume or reps

Progress Notes: \_\_\_\_\_

Week 8 | Final InBody scan + photo, celebrate progress

Progress Notes: \_\_\_\_\_

### **Final Goal Check**

[ ] I have completed all 8 weeks of training

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☐ I tracked my muscle gain and body fat reduction

☐ I achieved \_\_\_\_\_ lbs of muscle gain

☐ I achieved \_\_\_\_\_% body fat loss

☐ I feel stronger and more confident

**Coach Comments & Recommendations:**

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