Performance Profile

Name: …… Date: ……..

The purpose of the Performance Profile is to give you, the client, a clear understanding of where you stand now in terms of your exercise and lifestyle goals and what it will take for you to achieve them.

The first step is for you to imagine the ideal you! Then, begin to break this image up in to the components or mini-goals that will help you achieve this.
You can use the prompts below to get you started.

Muscular Strength	**Muscle Tone/Definition**	**Agility**	**Weight loss**
Muscular Endurance	**Muscle Growth**	**Power**	**Stress**
Postural Improvements	**Self-Confidence**	**Energy Levels**	**ROM**
Reduction of pain	**Nutrition**	**Visual Aesthetics**	**Sports Specific**
Flexibility	**Motivation**	**Functional Training**	**Yoga**
Life Coaching	**Pilates**	**Balance**	**Speed**

Components	1	2	3	4	5	6	7	8	9	10