

# LET'S GET REAL.

## GOAL WORKSHEET / SURVEY

We all came here with one goal in mind, to lose weight, gain strength and create more balance and health in our lives. But do you know how to reach these goals? What steps do you need to take to turn goals in to realities?

This is where Pilates 1901 and your T School Coaches come in. For us to help you be successful, please complete this worksheet. Letting us know where you want to go will help us give you the steps to get there. In completing this worksheet, honesty is the key.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

1. This is my first time in T School \_\_\_\_yes \_\_\_\_no

2. My goals for T School (circle all that apply)

I need to lose 10+ pounds of fat

I want to learn how to eat healthier

I want to become stronger

I need to improve my balance

I have an injury to overcome

I have an illness that I want to manage

I need to lose 20+ pounds of fat

Eat less sugar and processed foods

I want to improve my flexibility

I want to improve my community

Maintain previous weight loss

3. Please complete the following re your food habits.

a. On average, how many meals do you eat daily? ( Meal=more than a fistful of anything)

\_\_\_\_\_

b. Do you eat breakfast regularly? \_\_\_\_yes \_\_\_\_no

c. If so, what is your normal breakfast? \_\_\_\_\_

d. Do you currently eat Paleo? \_\_\_\_yes \_\_\_\_no

e. If yes, what percentage of the time and for how long have you followed? \_\_\_\_\_

\_\_\_\_\_

f. If no, do you have a structured diet? If so, please describe. \_\_\_\_\_

\_\_\_\_\_

g. How much sugar do you eat per day (ie. Sugar, honey, brown sugar, agave, sodas, fruit, juices, artificial sweeteners) \_\_\_\_\_

h. Do you consume alcohol? \_\_\_\_yes \_\_\_\_no If yes, how many per week? \_\_\_\_

i. On a scale of 1-10 (10 being Gordon Ramsey), how good are you at cooking? \_\_\_\_\_

j. Are you willing to prepare you own food? (it's ok if not) \_\_\_\_yes \_\_\_\_no

k. Other things you need to know about me and food: \_\_\_\_\_

\_\_\_\_\_

4. Please complete the following regarding your **workout habits**.

- a. On average, how many times do you workout? (Workout= min 30 min) \_\_\_\_\_
- b. On an average week, what do those workouts consist of? \_\_\_\_\_  
\_\_\_\_\_
- c. Do you prefer longer, easier workouts or short, intense workouts? \_\_\_\_\_
- d. Do you prefer weights or cardio workouts? \_\_\_\_\_
- e. Do you like group workouts or private ones? \_\_\_\_\_
- f. Do you prefer outdoor to indoor workouts? \_\_\_\_\_
- g. Do you regularly attend a gym or studio? Which one? \_\_\_\_\_
- h. Do you like to workout or think of it as a necessary evil? \_\_\_\_\_
- i. Are you or have you ever played sports? Which ones? \_\_\_\_\_  
\_\_\_\_\_
- j. Other things you need to know about my workout style: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Please tell us about your **social habits**.

- a. I enjoy being a part of a community and welcome participating in a Team.  
\_\_\_\_\_yes \_\_\_\_\_ no
- b. I feel a bit shy in groups and prefer to work one on one regarding my goals.  
\_\_\_\_\_yes \_\_\_\_\_ no
- c. I am open to attending team meetings, events and projects as part of my T School curriculum. \_\_\_\_\_yes \_\_\_\_\_ no
- d. I want to be contacted by my coach and Tina re my T School progress throughout the semester \_\_\_\_\_yes \_\_\_\_\_ no
- e. T School educational workshops and support events are important to me:  
\_\_\_\_\_yes \_\_\_\_\_ no
- f. I would like to be included in T School's online supporting including:
  - 1. Private Facebook Community \_\_\_\_\_yes \_\_\_\_\_ no
  - 2. Pinterest Recipe Page \_\_\_\_\_yes \_\_\_\_\_ no
  - 3. Pilates 1901 website/blog/emails \_\_\_\_\_yes \_\_\_\_\_ no
- g. I would like to work with an accountability partner \_\_\_\_\_yes \_\_\_\_\_ no
- h. Other things you should know about me when selecting a team/coach for me:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# T School Personal Contract



I, \_\_\_\_\_, am fully committing myself to T School, a 12 week fat loss program. This program includes learning to eat, move and think differently about my body, health and daily choices.

## My top 3 goals in order of importance to me are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## In order to achieve these goals, I commit to doing the following:

1. Place my personal health, vitality and balance as a priority daily. \_\_\_\_\_
2. Read T School materials, attend educational workshops, and accept team/coach support. \_\_\_\_\_
3. I will be accountable by scheduling all assessment updates, and attending team meetings and support events. \_\_\_\_\_
4. I will increase my mindfulness by keeping a food journal and completing T School worksheets as part of this program. \_\_\_\_\_
5. Be open to the possibility that transformation is not only possible, but can be FUN and REWARDING as a process in itself. Self improvement and self care is a gift we give ourselves- not a chore to avoid failure. \_\_\_\_\_

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**Date**

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**Signature**

# Top Five Reasons to Have an Accountability Partner



## 1. They will be your biggest cheerleader

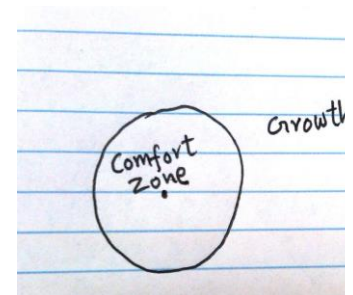
Accountability Partners are steadfast motivators. There will be days when your motivation and mental strength will be tested and the excitement you once felt starts to wane. It's on these days that your accountability partner will be your biggest cheerleader by being the one to say **'Yes you Can'** on the days when you don't feel like you can continue. They can remind you of what you have accomplished and help keep your goals in sight as you work to make them become a reality.

## 2. They challenge you to make what seems 'impossible' possible

When selecting an accountability partner, it is important to choose a person that not only knows and understands your goals, but one who is also willing to push you out of your comfort zone.

There may be times when you feel apprehensive about taking a risk or your limiting beliefs cast doubt about your potential.

These are the times when an accountability partner can help you push through the anxiety and realize that the obstacles that we perceive as mountains are merely bumps along the path.



## 3. They will celebrate every milestone on your journey no matter how small

During the quest to accomplish a goal, we often get caught in thinking about how far we have left to go rather than how much we have already accomplished. How often do you stop to celebrate your milestones? Your accountability partner keeps your progress in perspective by giving you a pat on the

back when you need it and helps you to **remember that the journey is just as important as the destination.**



#### 4. They will make sure that your goal remains a priority

Once you have a partner or group on board to keep you accountable, think again about why you abandoned your goals at the first sign of trouble. What obstacles have you encountered in the past? Share those with your partner and ask them for their support when you begin to experience those obstacles. In addition to their roles as motivators and cheerleaders, your accountability partner wants to support you and see you succeed.

Select an individual that won't allow you to give up easily and will help you stay on course. Even when you may feel distracted, you will have the added comfort of knowing you have someone in your corner to bring you back on track.

#### 5. They prove that you don't have to go it alone

One of the greatest benefits of having an accountability partner is the feeling that you will never walk your journey alone. There will always be someone in your corner to help motivate you, dispel your fears or even give you a reality check when you need it. Working towards a goal becomes a team effort instead of a solo one which may help lessen the fear of the unknown.

Remember that as you search for your accountability partner, aim to find someone **who will challenge, engage and evoke a sense of accomplishment in you.**



Seek out people that you admire and respect to help you reach higher heights. Your coach can help you too!

