

# Goal Assessment Sheet

## Short Term Goals

*"I have fought a good fight, I have finished my course, I have kept the faith:"*

### Statistics of each phase of cycle:

#### BULK:

Stats	Calculations
Starting weight, BF%	
Finishing weight, BF%	
Gained LBM	

#### Split for bulk:

Sun	
Mon	
Tue	
Wed	
Thur	
Fri	
Sat	

LBM (Lean Body Mass) goals on this bulk?

Did I meet these goals? If so, what think about what you did right, if not think about ways to improve your goal setting.

MAINTAIN:

Stats	Calculations
Starting weight, BF%	
Finishing weight, BF%	
LBM	

Comments:

CUT:

Stats	Calculations
Starting weight, BF%	
Finishing weight, BF%	
Retained/(Gained) LBM	

Split for cut:

Sun	
Mon	
Tue	
Wed	
Thur	
Fri	
Sat	

LBM goals on this cut?

Did I meet these goals? If so, what think about what you did right, if not think about ways to improve your goal setting.

1. What specific priorities do I need to make in my training during each phase to accomplish my goals?

2. What specifically do I need to improve upon with the exercise(s) I chose to master in my long term objectives? Ex. Rep, volume, range of motion, etc.

3. Describe battle plan (for example, increased volume, reps, intensity, sets) for each body part in recognition of long term goals.

- Chest
- Back
- Thighs
- Bis
- Tris
- Forearms
- Neck
- Glutes
- Calves
- Delts
- Abs

4. How can I incorporate in my cut/bulk split to prioritize lagging areas?



**10. Assessment entry after bulk/cut—**

- Did I achieve my short term goals during this phase?
- In what ways can I improve upon my goal making for the next bulk/cut phase?
- What have I learned from this cycle?
- Comments:

“The vision is yet for an appointed time...wait for it; because it will surely come”