



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Kenosha YMCA Personal Goals of Achievement

1. The Long-Term product that I hope will result from my regular exercise is:

2. The Short-Term product that I hope will result from my regular exercise is:

3. My SMART goal during the YMCA exercise program is to:

(Specific, Measurable, Attainable, Realistic, Time)

**EXAMPLE: Attend TWO Small Group Personal Training sessions and ONE Fitness Class per week for a period of ONE month.**

**KENOSHA YMCA**  
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The Kenosha YMCA (Young Men's Christian Association) is a 501(c)(3) charitable organization under the Internal Revenue Code, thereby qualifying for maximum deductibility. An audit report will be provided upon request.

