

Setting Client-Centered Goals

Trainers tend to be highly motivated go-getters, but it's important to let your clients take the wheel when setting their goals. Help them navigate, but let them steer.

Perform a Health Assessment

It's easier to set goals when both you and your client know where they're starting from.

Listen to Their Needs and Desires

Why is your client working with you? Common reasons include:

- A recent injury or functional change,
- Body image issues,
- Dissatisfaction with their current fitness level,
- Health-related concerns,
- The desire to support activities of daily living (ADL), and
- Athletic goals.



Develop "SMARTS" Goals

This method adds an "S" to the end of the well-known "SMART" goals formula. SMARTS goals should be specific, measurable, achievable, relevant, timely and self-determined.

Address Reasons a Client Might Not Achieve Their Goals

Here are some common reasons:

- Their goals aren't their own. Maybe they chose a goal because it's what a friend or colleague was doing, not necessarily what they themselves wanted to do.
- They lack support. Clients with disabilities might need help getting to the gym, or even getting ready to go to the gym, and such help might not be available.
- Time constraints. Activities of daily living take time, often much more time for those with disabilities.
- Barriers to entry. Sometimes literal barriers – the gym might not be fully accessible.
- Lack of education. Often, we don't know what we don't know. Help your client gain the necessary knowledge to feel confident in their own training decisions.