

SET YOUR FITNESS GOALS

Use the S.M.A.R.T. principle

EXAMPLE GOAL: "Lose weight"

Specific: Describe what you want to accomplish in as much detail as possible. Specifics help us to focus our efforts and clearly define what we are going to do. Think of the **WHAT, WHY, and HOW.**

"I want to lose 10 pounds, lower my BMI to 23, lower my body fat to 20%, etc... because I want to stop taking blood pressure medicine and because I want to run a half-marathon in 6 months".

Measurable: Use short term and mid-term goals to reach long term goals. Establish a method of measuring your progress and evaluating accomplishment. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement.

"Weigh myself each week on Wednesday mornings, have BF% taken each quarter, take hip/waist measurements every month. I want to lose 1-2 pounds per week."

Attainable: Your goal should require energy and discipline to accomplish, but do not make it so difficult that you cannot reach it. A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you.

"I will challenge myself to increase the intensity, frequency and duration of my workouts every other week. I will start by increasing the duration 5 minutes every other week".

Realistic: Create goals you know you are actually capable of attaining. Devise a plan or a way of getting there which makes the goal reasonable. The goal needs to be realistic for you and where you are at the moment.

"I will re-assess my goals every month to make sure I am steadily making progress towards them in a reasonable timeframe/manner. If I realize my goals are too difficult or too easy, I will re-establish them to match my efforts/abilities."

Timely: Set a timeframe for the goal. Putting an end point on your goal gives you a clear target to work towards. Write down the specific date you wish to reach your goal and re-evaluate along the way.

"I will attain my goal within 3 months/before my next birthday/for my wedding."

Focus on your strengths

Concentrate on what you do best! Your strengths are what will make you better at anything you put your mind to, so why not focus on them? Take a minute and write down ten things you have been great at over the past year. Once you have them written down, play off of these each time you feel a barrier hit your plate. You will find that not only will these help you reach short and long term goals, they will help you strengthen your weaknesses!

Crawl Stage -

In this stage you are simply raising your heart rate, introducing your body to exercise and building confidence in yourself. You're becoming comfortable with the exercise equipment and the training environment. You need to form new eating habits.

Walk Stage -

Your body has adjusted to the cardio and muscular conditioning. Focus on performing your exercises with proper form. Start introducing a variety of exercises into your routine. You're eating healthy. Strive to accomplish your goals.

Run Stage -

Your lifestyle has changed - you're healthy, fit and happy. Continue to set and strive for new goals.

Short-Term, Mid-Term, and Long-Term Goals

Establish goals that relate to phases of your training. These goals can relate to time (three months, one year, three years), performance (five-mile run, ten-mile run, marathon) or both (five-mile run at three months). Use your short-term goals as stepping stones for long-term goals.

Tips

- Find someone/something to be accountable to.
- Use your knowledge to propel your efforts. Learn as much as you can about your goals and what you need to do to achieve them (i.e. what types/amounts of food you should be eating). Become an expert at the goal you've set forth.
- Write your goals down and post them somewhere that is visible every single day.
- At each check up, if you have reached a goal, set a new, tougher one that you know will challenge you. Increase resistance, start a new sport, move to the next level in your kick-boxing class. Whatever it may be, just continue to push yourself to the next level. Take risks and conquer them, and celebrate your accomplishments.
- Use your journal to track your goal progress!
- Recognize and resolve any guilt, inner conflict or limiting belief that might cause you to sabotage your efforts. Stay positive on the track to achieve your dreams!
- Encourage your imaginative spirit to create goals that truly reach all of your dreams and desires. Don't hold back and then follow through with thoughts of accomplishment.

"A desire or an intention becomes a goal if and only if an action for achieving it is activated."
"Achievement is motivation times intelligence (A=MI); a simple equation."

Write down your initial ideas of goals:

*Aspirations
Dreams
Ambitions
Desires
Hopes
Thoughts
Passions
Wishes*

Write down your strengths:

*Athletic
Forgiving
Disciplined
Organized
Strong
Adventurous
Driven*

Write down the SMART version of your goals:

*Specific
Measurable
Attainable
Realistic
Timely*

Long Term Goals

*Run a half marathon
Lose 30 pounds
Lose 5% of my body fat
Take 4 inches off my waist
Fit into "skinny" jeans*

Mid Term Goals

*Run a 10K
Lose 6 pounds a month
Lose 1% of my body weight each month
Limit saturated & Trans fat
Start tennis lessons*

Short Term Goals

*Increase speed & duration each week
Only treat myself 1 day a week with [ice cream]
Lose 1-2 pounds a week
Weigh in every Monday*