

SETTING

Goals

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

(ex. I want to lose weight or I want to increase my fitness)

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

(Ex. Lost 25lbs or run a 5K)

A

ACTION PLAN

WHAT DO I NEED TO DO TO HIT THIS GOAL?

(ex. HIRE A COACH, LEARN MORE ABOUT FITNESS, JOIN A GROUP)

R

RELEVANT

WHY IS THIS IMPORTANT TO ME? LIST AT LEAST 5 WHYS

(EG., TO BE HEALTHY FOR MY KIDS, TO PROVE TO MYSELF I CAN, etc.)

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

(EG., BY JAN 1, 2023)

MEASUREMENT TRACKER

Your measurements will be completed at the beginning and end of every 4 weeks. This will give you the whole picture of your results and how your body is changing. Remember to always look at your progress on a whole and not to get obsessed with the numbers or week to week changes!

MEASUREMENTS (IN/CM)

WEEK 1

WEEK 2

WEIGHT

NECK

ARMS

CHEST

WAIST

HIPS

THIGHS

CALF

WEEK 3

WEEK 4

WEIGHT

NECK

ARMS

CHEST

WAIST

HIPS

THIGHS

CALF