

Fitness Makeovers

Goal Setting

Name:

List Your Top Three Fitness Goals:

- 1.
- 2.
- 3.

Are these completely your goals?

Are these goals measurable?

Are these goals realistic to attain with your lifestyle and values?

How will you know if you've attained them?

How will you feel once you attain them?

Pick one and write three plans that you have to help you attain it.

- 1.
- 2.
- 3.

Smart Goals

S Be specific. What does it look like?

M Is it measureable? How will you know if you've attained it?

A Is it achievable? Is it possible?

R How reasonable is it?

T Time oriented. What will you do and when will you do it?

By _____, I have _____
(date) (goal)