

**FITNESS
GOAL
SETTING
WORKSHEET**

LEARN HOW TO CREATE THE "RIGHT" GOALS

When it comes to achieving goals (be it fitness related or in any other area of your life) it is not only important to have the right strategy but also to have the right goal. A goal has to fulfill certain criteria to be considered “right”.

These criteria are the following (you might have heard about these before but bear with me, there's more!):

SMART FITNESS GOALS

S=Specific

A fitness goal needs to be specific. Simply saying “I want to lose weight” won’t do it. How do you know if you were successful when your goal is so wishy-washy? Be more specific: If you think you need to lose some weight, what is your goal weight?

M=Measurable

A goal also needs to be measurable. If your goal is a specific number you can easily measure it with a weight scale. If your goal is a feeling then you could measure the degree of your feeling via a scale from 0-10. 0 being the total opposite of the feeling you want to achieve and 10 being the absolute fulfillment of this feeling.

A=Achievable

When you create your fitness goal, ask yourself if it is achievable. If your goal is to lose 100 lbs in one week, then you are bound for failure! Sorry!

R=Relevant

When a goal is relevant it means, it is worthwhile. It meets your needs and is consistent with other goals you have in your life. If your fitness goal is to fit in a size 0 jeans but at the same time you want to break the Guinness world record for deadlifts, then those two goals don’t work together. You will have to make a decision.

T=Time Based

Simply saying “I want.....” doesn’t do it. You need to set a date by when you want to achieve your goal. When there is no deadline chances are high that you keep procrastinating until....well, forever.

HOLD ON, THERE'S MORE!

Now we talked about the common criteria that are usually being used to create goals. I'd like to add two more criteria to this list that are very important but oftentimes overlooked:

Positive

When creating your fitness goal formulate it in a positive way. Focus on what you want, not what you don't want. If you want to lose weight, don't focus on the pounds you want to get rid of but rather on the goal weight you want to achieve. When formulating negative goals, your brain keeps focusing on what you don't want and it is much harder to go in the new direction of your goal.

Feeling

When you create your goal, ask yourself WHY it is important to you to reach this goal. What is your motivation? Oftentimes you will realize that it is more about being able to FEEL a certain way instead of reaching a number on the scale or fitting into a pair of jeans. Identify the feeling you want to achieve. That way you will create a goal that you are actually looking forward to.

NOW IT'S YOUR TURN

Take a few minutes (or longer) and really think about your health and fitness goals. Once you created the perfect goal for you, you will find that it is much easier to stick to your diet and workout routine.

MY FITNESS GOAL IS....
