



## SET SMART GOALS



*What do you want to do?*



*How will you know when you've reached it?*



*Is it in your power to accomplish it?*



*Can you realistically achieve it?*



*When exactly do you want to accomplish it?*

When setting your fitness goals, try using the SMART method. Be very specific about your goal. Is it a number on a scale, inches around your waistline, feeling more confident, adding years to your life? Be as specific as you can and WRITE THEM DOWN (with that day's date).

Next, you want to decide how you will know when you've reached it. I encourage you to not let this be a simple number on a scale, because once muscle is inserted in the picture, the scale may not move as much as you originally expected, so I encourage you to think outside the box when deciding how you will know when you've reached your goal.

Now, the next two go hand in hand really. The "attaining" part of goal setting is a great one AS LONG as you use the next letter in the word - realistic. For example, to set a goal of losing 50lbs within a one month period of time, is not very attainable, safe, or realistic. I am a firm believer that a person can do anything they set their mind to. I believe this wholeheartedly; however, at the same time, while I'd love to fly in the sky like a bird, you're not going to see me jump out of a plane without a parachute. The more realistic your goal, the more attainable it is.

And last, but not least, good old fashioned TIME. While I would not set a stress inducing, anxiety producing "deadline", I would absolutely like to encourage a "I would like to see "set goal" be achieved within "X" time frame. Key words to this is TIME FRAME. We all have schedules and plans and expectations for our futures, but realistically, life sometimes just "happens". Unexpected work projects, family events, weddings, celebrations, funerals, you name it, it can happen...so I very much encourage you to set a "time frame" so that if you get to that time frame, if the full goal isn't reached, you still have more....you guessed it....time. Time to finish the goal, as well as time to adjust your goal for life's unexpected.