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Name _____ Date _____

Health/Fitness **SMART** GOALS

*Is it

Specific?

Measurable?

Actionable?

Realistic?

Timely?

Some Examples:

I will lower my BMI to a healthy range of <25 within three months.

I will exercise for a minimum of an hour, 4 times a week with a combination of strength and cardio exercises until at least July 1, 2020.

For the next three months I will consistently drink one liter of water in the morning before I have anything else.

I will eat a salad loaded with at least 4 veggies/beans every day for a month.

I will walk/jog a timed 5K race without stopping by September 2, 2020.

I will do 5 regular push ups on my toes by May 1, 2020.

I will drink a protein shake packed with veggies, flaxseed, chia seeds, hemp hearts within one hour of my strength workouts for the next 8 weeks.

1.

2.

3.

Instagram account? _____ Facebook _____

What fitness equipment do you have at home? _____

Do you need help with motivation & accountability? Y____ N____

Would you like to discuss nutrition and making healthy choices? Y ____ N ____

If you're a Mama, what are your children's names and ages? _____

What is your favorite food? _____

What is your favorite song? _____

What is your favorite color? _____

What is your favorite movie? _____

What is something that just makes you smile? _____