

# Setting Your Health & Fitness Goals

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## Goals Defined

- The object of one's aspiration(s).
  - The end toward which effort is directed.
  - To reach this target specific actions should be taken.
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## Goal Setting Purpose

- The power of accomplishment in aiming for a target and setting out on the journey to achieve that ambition.
  - Making goals indicate more action and less procrastination.
  - Small setbacks are just that, small because you have a larger focus to accomplish.
  - Goals help you focus and stay motivated for success.
  - Setting a goal will help you clarify what your true target is for future endeavors.
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## Common Health & Fitness Goals

- *Weight Loss*- a measurable decrease in body weight. Example: I want to loose 5lbs.
  - *Muscle Gains*- an increase in body weight with a decrease in body fat. Example: I want to get bigger muscles.
  - *Body Aesthetics*- a decrease in body fat, increase in muscle definition, and an overall favorable look. Example: I want toned arms and legs.
  - *Athletic Performance*- a desirable physical demonstration is carried out. Example: I want to run a 5k.
  - *Injury Recovery*- a direct improvement in a joint, muscle, and/or other body part that has sustained trauma. Example: I want to walk pain free after knee surgery.
  - *General Wellness*- following guidelines of moderate exercise to aid in quality and quantity of life. Example: I want to feel better and have more energy.
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## Common Health & Fitness Motivators

- Looking good for an upcoming event.
  - Having a doctor recommend a change in nutrition and/or exercise plan.
  - Not liking the number on the scale.
  - Getting ready to compete in a team or individual event.
  - Having a physical setback.
  - Making a New Year's Resolution.
  - Unable to perform a physical task that was once easy.
  - Wanting to be able to pick-up and hold a grandchild.
  - Physical comparison to others.
  - Increasing quality of life.
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## Let's Make It Official

- Writing down a goal and placing it in a place you can see everyday will make it real.
- Goal documentation helps one stay focused on objectives needed for success.
- Use your **SMARTS** to define your goal!

**S**pecific: What is my precise goal?

**M**easurable: How will I make my goal tangible?

**A**ction: What action steps are needed to achieve my goal?

**R**ealistic: How is my goal attainable?

**T**ime: When will the goal be completed?

**S**upport: Who (RJ personal trainer, family, friends, or group) will support my efforts and progress; and how?

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## **Accountability**

- Many goals are not accomplished due to a lack of: accountability, motivation, and/or knowledge.
- Goal setters are able to find the support needed for success from:
  - Certified Personal Trainer
  - Other Accredited Physical Fitness Professionals
  - Family & Friends
  - Special Interest Groups
- The important thing is to find consistency.
- The journey toward long term goals can be difficult but with support you can keep making progress.

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## **Personal Trainer Support**

- Hi, my name is RJ and I am an American Council of Exercise certified personal trainer. ([click here to read more about my fitness professional qualifications](#))
  - If you are interested in working with me using affordable remote training sessions please:
    - Answer the following getting to know you questionnaire.
    - Email this document to [rjsfitnesssolutions@gmail.com](mailto:rjsfitnesssolutions@gmail.com)
    - I look forward to working with you to achieve your health & fitness goals.
    - For more fitness inspiration, checkout my profile @soleshaping on [YouTube](#), [Instagram](#), [Facebook](#), and [Pinterest](#).
    - Website link [www.rjfitnesssolutions.com](http://www.rjfitnesssolutions.com)
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## Getting To Know You

- Name:
- Any physical characteristics you would like to share (age, gender, height, weight)?
- What is your main health & fitness goal?
- Do you have any injuries or medical conditions I should be aware of?
- How often do you exercise?
  - Number of Days
  - Days of the Week (like Monday)
  - Time of Day (AM, Noon, PM)
- What nutritional deterrents do you normally face? (Examples: fast food, alcohol, sugar, tobacco)
- Who will support you in your goals?
- How would you like me to contact you to set up your free fitness assessment?
  - Phone (and best times):
  - Email
- What program would you like to use for remote training? (Zoom, FaceTime, or GoogleDuo)