

SMART Goals



Now that you have almost completed Unified Fitness: What have you learned? What habits have you changed? To continue to stay healthy and fit it is important to keep up with these new healthy habits. Setting a **SMART Goal** is a good way to keep you motivated. Goals keep us focused and allow us to measure our success.



SMART Goals Are

Specific: Be detailed. Example: Don't say: I will decrease my time. Say: I will decrease my time by 2 seconds by the end of the season.

Measurable: You need to be able to measure your progress. Is your time decreasing? Are your skills improving?

Attainable: You want to set realistic goals. Set goals that with effort you can achieve. Example: If your goal includes running on the treadmill but you do not have a treadmill that is not realistic or attainable.

Relevant: Your goal needs to be something that is important to YOU. Don't create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.

Time Sensitive: By having a targeted end date it creates a sense of importance and keeps you focused.

SMART Goals (examples)



Example: My goal is to lose weight.

SMART: My goal is to lose 5lbs this month by drinking water instead of soda and walking for 30 minutes each day.

Notice, the SMART goal in the example is still focused on weight loss, but the goal includes the way the person will attempt to lose weight (drinking water and walking). The goal also indicates the time they hope it takes to lose weight (one month) and it is measurable (5 lbs.) so the person can determine whether or not they reached their goal. Finally, they set a goal that is challenging but possible for them, which can help set them up for success.

Here are some questions to ask yourself when setting goals:

“I will eat healthier.”

What is one thing you’d like to change about how you eat?

Is there something you can do about that?

When do you think you can make that change?

“I want to be stronger.”

How do you get stronger?

When do you want to be stronger?

How will you know if you are stronger?

“I will exercise more.”

What type of exercise do you want to do more often?

Where will you do this type of exercise?

How often do you want to do it?

Write down your SMART Goal and keep it where you can see it to help you stay on track.

You have worked so hard with Unified Fitness over the past twelve weeks! You have come so far, don’t give up! ***You got this!***