

Fitness Goal Setting : Make your fitness goals S.M.A.R.T.

Specific

What is your goal?

Why is this goal important to you?

What are the steps you will take to reach your goal?

Measurable

How will you know when you reach your goal? _____

How will you track your progress? _____

Attainable

Can you reach this goal if you commit to your plan? _____

Realistic

Is this goal realistic for the level of fitness you are currently at, the time you have available, and how motivated you are?

Timely

When will you reach this goal?
