

Call us today to help you get started
on a fitness plan to achieve your goals! 416.788.2535



1. Set a Smart Goal:

- S = Specific (How long, how much, etc.)
- M = Measurable (Set a quantifiable goal)
- A = Attainable (Set realistic goals)
- R = Rewards-Based (Attach a reward to your goal)
- T = Time Bound (Set a specific date to achieve it)

When you set a SMART goal it is a specific, measurable, and realistic intention, with a time-based plan.

MY SMART GOAL:

Now write a paragraph on what it would be like to have that goal and include three reasons why this is important to you.

For Example, Playing with my grandkids gives me great pleasure. I will be able to chase after them and they will enjoy visiting my house and will come more frequently because I am able to play with them. Things such as getting up and down off the floor will not be a chore and I can do it quickly and feel fully confident that I can take care of my grandkids on my own.

2. Get Clear about why you want it:

MY GOAL PARAGRAPH:

Next, place your Goal paragraph in visible places where you will be reminded by it - on the fridge, in your bathroom, in your wallet. Put it in all sorts of places so you don't lose focus on why you should go do that workout or not eat that chocolate bar. An increased level of commitment is what you need in order to make this goal a reality, and these reminders will help.

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3. Schedule Your Workouts:

Pull out that planner and see where you have a half hour/hour in your day to schedule in your workouts. I highly recommend that you use your personal planner, Blackberry, Palm Pilot or family calendar that you see and use each and every day.

4. Reward Yourself:

Write down a reward for reaching your first goal. Choose something that positively reinforces your program and helps motivates you to achieve your goal.

My Reward:

5. Develop a Support System:

Be creative with this next exercise: list all the people in your world that you could call on to support you in your transformation, what they will help you with, check them off when you have asked them and they've agreed, and lastly add them into your planning schedule:

NAME

TASK

AGREED

DATE
