

Set Fitness Goals that are **SMART**:

- S** With a **specific** goal, you can clearly see what it is you want to achieve. Write it down!
- M** **Measure** your progress. Realization of successes along the way keeps you motivated.
- A** An **attainable** goal can be achieved, but is still challenging. Goals have to be reachable and yet ambitious to keep you motivated and to give you a sense of achievement.
- R** Set goals that you find **rewarding** – the journey and the end results will be much more worthwhile.
- T** Your goals must be **timely**. Deadlines keep you focused and eliminate procrastination.

“The good Lord gave you a body that can stand most anything. It’s your mind you have to convince.”

- Vincent Lombardi