

2017 New Year Fitness Goals

Be The Fit Healthy Happy YOU

Goal #1

Goal #2

Goal #3

Goal #4



SPECIFIC

WHO, WHAT, WHERE,
WHEN, WHY, WHICH

Define the goal as much as possible, with no ambiguous language.

WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this – reasons, purpose, WHICH constraints and/or requirements do I have?



MEASURABLE

FROM and TO

Can you track the progress and measure the outcome?
How much, how many, how will I know when my goal is accomplished?



ATTAINABLE

HOW

Is the goal reasonable enough to be accomplished?
How so?
Make sure the goal is not out reach or below standard performance.



RELEVANT

WORTHWHILE

Is the goal worthwhile and will it meet your needs?
Is each goal consistent with other goals you have established and fits with your immediate and long term plans?



TIMELY

WHEN

Your objective should include a time limit. "I will complete this step by month/day/year."
It will establish a sense of urgency and prompt you to have better time management.