

Setting My Fitness Goal

My Baseline

How fit am I?	{narrate. Think about how far you can run, how heavy can you bench press or even how heavy you weigh} Example: I become breathless when walking to the MRT station.	
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My Fitness Aspirations

Thinking of my baseline, what do I want to change in:		Example: I do not want to be breathless when I walk to the MRT station. To do that I need to.....
3 months	{narrate}	
6 months		
9 months		
12 months		

How will I know when I have achieved my fitness Aspirations?

Translate your fitness aspirations into an action statement		example: I want to be able run 5km.
3 months	{narrate}	
6 months		
9 months		
12 months		

What do I need to know and do?

What I know?	What I don't know and need to know?	What do I need to do?	What do I need to stop doing?

My SMART Fitness Goal Is

Check that your SMART fitness goal is Specific, Measurable, Achievable, Realistic and has a Time frame.