



FITNESS GOALS



SPECIFIC

- Goals should be specific; vague goals are not very useful
- Vague goals: Lose weight, be skinny, be healthier
- Specific goals: Lose five percent of body weight, lose ten pounds, decrease BMI



MEASURABLE

- To meet a goal, there must be something to measure
- Goals that can't be measured: get fit, be more active, get stronger
- Measurable goals: improve resting heart rate by ten beats, increase bench press weight by 20 pounds



ATTAINABLE

- Goals must be attainable, achievable, and realistic
- Impossible or extremely challenging goals inevitably lead to failure
- Unattainable goals: burn 2,000 more calories per week, lose ten pounds in two weeks
- Attainable goals: burn 500 more calories per week, lose ten pounds in two months



RELEVANT

- Goals are more achievable when they are important to the person setting them
- An emotional attachment to a goal is necessary for motivation
- Always let clients set the goals, while you help shape them
- Goals aren't relevant if: someone else set them, they were designed for another person, they don't match the individual's interests
- Relevant goals: set by the person who wants to achieve them. aligned with their interests



TIME-BOUND

- A goal needs a time limit, or there is no healthy pressure to meet it
- Ineffective goals: lose 20 pounds, lift 50 pounds more, eat more vegetables
- Time-bound goals: lose 20 pounds by the end of the year, lift 50 more pounds in six months