

Fitness Goal Setting

Workbook

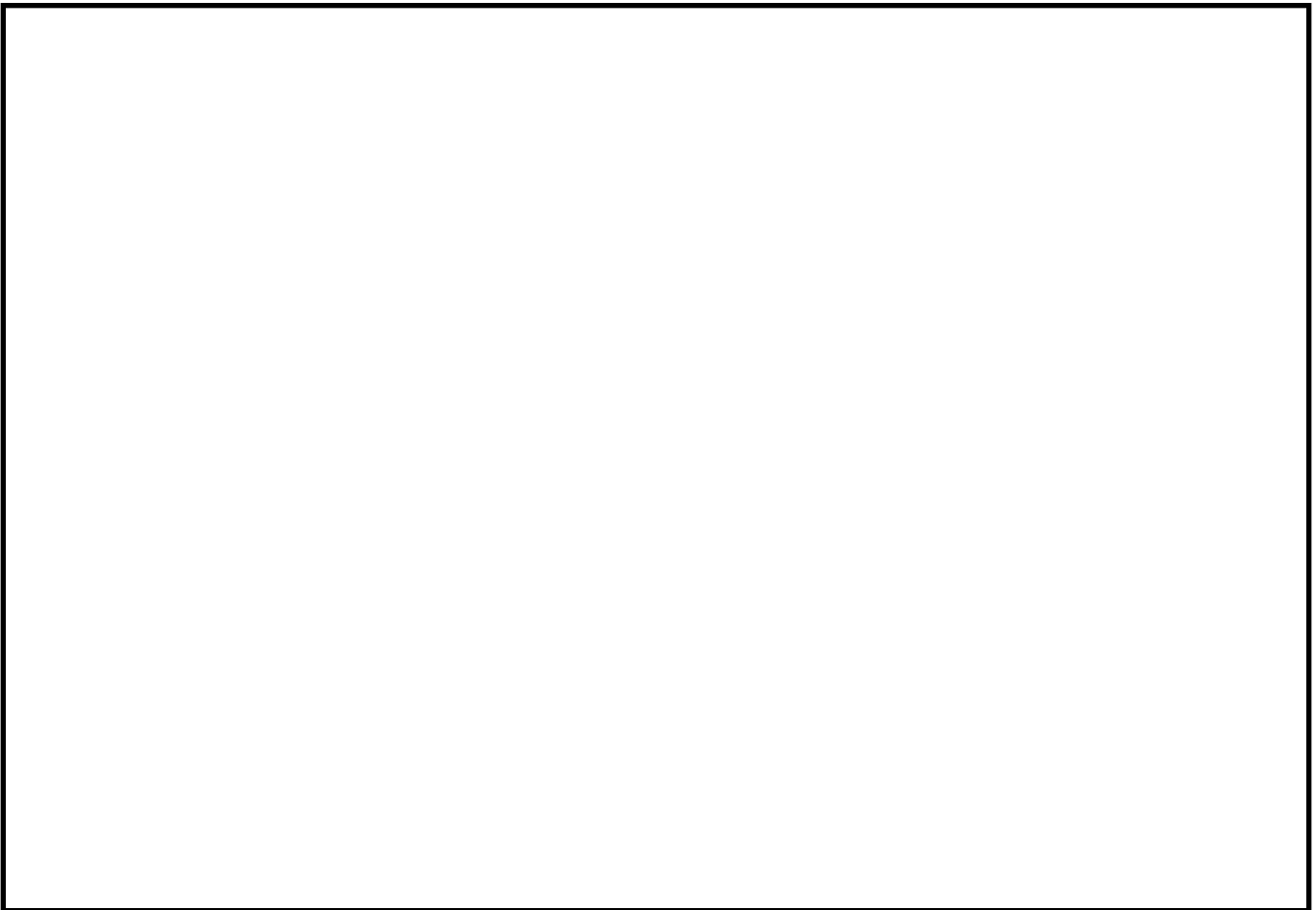


FIT & FLAIR

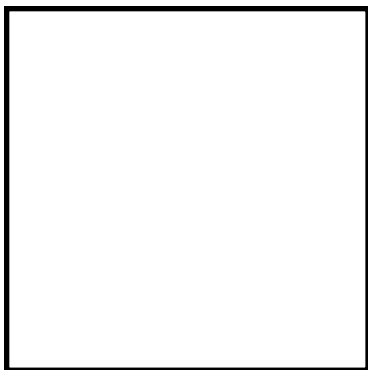
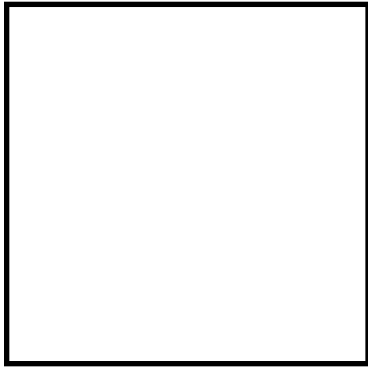
WITH MER

Current Mindset

Before you can start setting a fitness goal, you have to figure out what fitness means to you. To start you off, the dictionary definition "fit" is for something to be suitable for a specific purpose, which is probably not what you thought it meant, is it? So with that in mind, as well as your ideas that you brought into the process, I'd like to you to make a collage of what fitness means to you. You can draw, write words, cut and paste photos, sayings or whatever you'd like. When you are finished, I want you to look at this and be confident in your definition of fitness, so we can use that as a jumping off point for your goals. Ready, set, GO!

A large, empty rectangular box with a thin black border, intended for the student to create a collage representing their current mindset on fitness. The box is currently blank.

Now that you know what fitness is, your next task is to choose 2 fitness role models. I don't care who they are, but when you look at them, read their materials, listen to them speak, I want you to feel inspired. In the space below, paste their picture and write a few points about why you chose them. What makes them special? Why do you admire them? What do they do that you think is so cool?



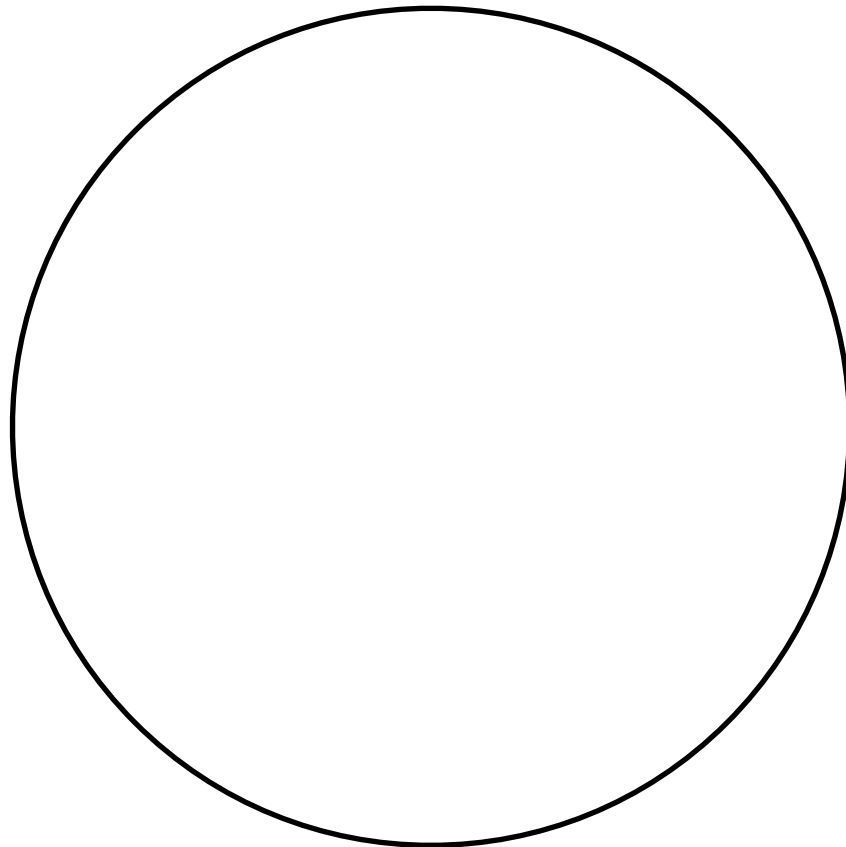
You are where you are, and that is okay. I'm proud of you for observing yourself honestly and without judgement. I know it is hard, but you did it. So great work! But now we are going to delve a little deeper. I want you to choose 3 of your observation points, the three that stand out the most to you or that you are most clear on. In the chart below, I want you to write it down in the left-hand column. In the right hand column, I want you to write down what habits contributed to you coming to that point. For example, I notice that I tire very quickly when I run. A habit that contributed to me coming to that point is looking at my workout plan for the next day and making excuses to avoid running workouts as much as possible.

Observation	How I Got Here

Let's Make Goals!

I want to thank you again for your honesty and for getting this far. I know it has been hard. It is not easy to truly take a look at yourself.

But it's time to stop looking at the now, and to turn to the future. Let's create goals! The first step is to brainstorm. In the circle below I want you to write things you WANT for your fitness in the future. It could be a routine, a feeling, whatever comes to mind. Outside the circle, I want you to write the things you DONT WANT for future fitness. This is completely free, these are not goals, there is no time limit. This is the ideal future. Be bold. with your brainstorm. Make it your perfect vision.



You have your vision, awesome! Let's convert that vision into doable goals. I want you to choose 3 things from you vision that you want to work towards immediately. Write those down in the 3 stars below.

Those are not goals yet. Goals need two more things: a deadline, and a quantity. The deadline is to keep you accountable and to give you a chunk of time to work towards your goal. At the deadline, you can reevaluate your progress, set new goals, make changes, and reflect. It's your end point, so there is an end in sight. In the box in the middle, I want you to choose a length of time you are willing to commit to your new goal. Many people choose 3 months to a year. These are not meant to be long term goals, they are short term that you can work towards right now. Write a specific date in the box underneath the stars.

In the last row of circles I want you write down how you can quantify those stars. The quantity is important because without it, how do you know if you reached your goal? For example, if in your vision you see yourself running a marathon, you can quantify that by the number of kilometres you are able to run without stopping. If your vision to be stronger, a great way to quantify that is by the amount of weight you can lift for specific movements like a squat, deadlift, or overhead press.

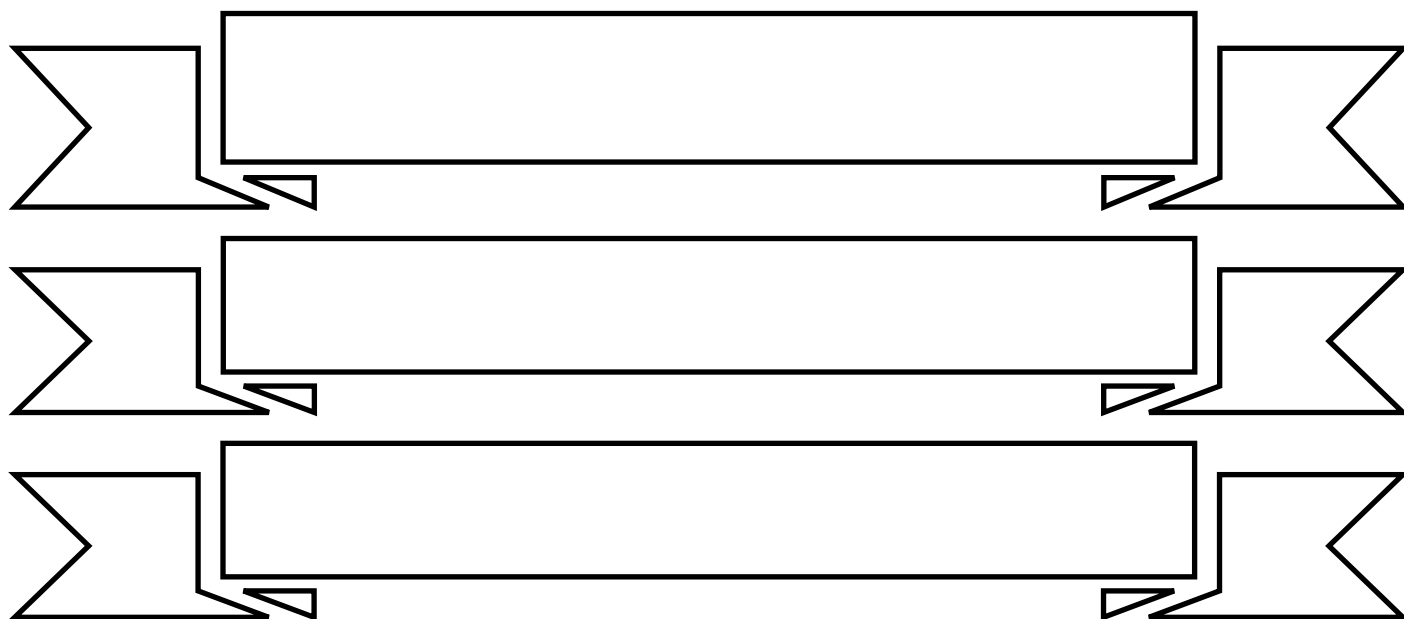
The form consists of three rows of shapes. The top row contains three identical five-pointed stars. Below the stars is a single, wide rectangular box. The bottom row contains three identical circles. All shapes are empty and intended for handwritten input.

You have made it to the last step in goal setting, actually setting the goal! You have your deadline, the vision you are working towards, and a method of quantifying your progress. Congrats!

For the most part, that larger vision probably not doable by your deadline, however, you can make progress towards it. So think of this short term goal as a step in the right direction, a step towards your ultimate vision. When you reach this goal, you can set new, more challenging ones to build towards the big one.

So in each banner, I want you to take each of your visions and in consideration with your deadline, choose a quantity that fits. You may have to play with it to find something doable, yet challenging. Motivating yet realistic.

When you play with these numbers be honest with yourself. If you've never run a day in your life, it is not realistic to run a marathon in month, or even 3 months. If you've never lifted a weight, lifting 200lbs is going to take time. But you can get to these goals, it just takes patience and consistent work.

Three decorative banners, each consisting of a central rectangular box with a ribbon-like border on the left and right sides. The banners are stacked vertically and are currently empty, intended for the user to write their goals.

CONGRATULATIONS!!!! You have all of the ingredients for your fitness goals. The last page of this workbook is blank because I want you to write your goal down. Write it in the present tense. Play with the wording until you love it. When you are ready, decorate the page. Make it your own and post it somewhere you will see it.

Then get to work! You can do it! You can create the life you have always wanted. If you need help on the fitness front, I am here for you. To book a free personal training consultation, call me at 416-829-9190, or email me at mer@fitandflair.ca.

