Getting started – your fitness

Use this checklist when starting out with a new fitness regime. If you need help with any of these then please contact me: info@sarahwasser.com

| Task | Notes |
| --- | --- |
| [ ]  Set your SMART goals | Specific:Measurable:Achievable:Realistic:Timely: |
| [ ]  What do you like doing? | Cardio:Strength:Flexibility: |
| [ ]  What times/ days can you schedule it in? | Best days:Best times: |
| [ ]  What can you afford to do? |  |
| [ ]  How much time do you want to dedicate to it? |  |
| [ ]  Check out what your options are | ClassesPersonal trainersFree activitiesOnline workouts |
| [ ]  Create a list of different things to try out | 1.2.3.4. |
| [ ]  Do your fitness tests and measurements (pick the most appropriate for you) | Pulse testRunning testCrunch testPress up testPlank testSquat testBody measurementsFlexibility tests |
| [ ]  Have you told your family and friends? |  |
| [ ]  Which days are going to be recovery days? |  |
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