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 | Classes  Personal trainers  Free activities  Online 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 test  Running test  Crunch test  Press up test  Plank test  Squat test  Body measurements  Flexibility tests |
| Have you told your family and friends? |  |
| Which days are going to be recovery days? |  |
|  |  |
|  |  |