

Ready-Set-Goal Worksheet

December 16, 2020

Fitness is a State of Mind

Moment of Truth: Whatever your reasons for deciding to improve your fitness, the first step of your journey takes place in your mind.

Quote to Remember: *“The health and fitness quest goes beyond the physical. Dig deep and renew your thinking.”*
~Collier Lunn

Challenge to Implement: Reflect on your reasons for pursuing fitness. List your top three reasons for change below, and use numbers 1-3 to rank them in priority order (#1 being the top reason). Be honest with yourself as your reasons will directly propel your inner motivation. No reason is too small or too grand, and you may have reasons that overlap.

My Reason for Change	Rank

Outcome Goals

Moment of Truth: Many of the health issues people suffer can be traced back to poor habits.

Quote to Remember: *"Motivation is what gets you started. Habit is what keeps you going."* ~Jim Ryun

Challenge to Implement: Write down one outcome goal for each of the following areas: Overall, Nutrition, Strength Training, and Rest.

Outcome Goal
My Overall Goal is:
How my Overall Goal is SMART:
<u>S</u>pecific:
<u>M</u>easurable:
<u>A</u>ttainable:
<u>R</u>elevant:
<u>T</u>ime bound:

Nutrition Goal
My Nutrition Goal is:
How my Nutrition Goal is SMART:
<u>S</u>pecific:
<u>M</u>easurable:
<u>A</u>ttainable:
<u>R</u>elevant:
<u>T</u>ime bound:

Strength Training Goal
My Strength Training Goal is:
How my Strength Training Goal is SMART:
<u>S</u>pecific:
<u>M</u>easurable:
<u>A</u>ttainable:
<u>R</u>elevant:
<u>T</u>ime bound:

Rest Goal
My Rest Goal is:
How my Rest Goal is SMART:
<u>S</u>pecific:
<u>M</u>easurable:
<u>A</u>ttainable:
<u>R</u>elevant:
<u>T</u>ime bound:

Limiting Factors

Limiting Factors	
1)	
2)	
3)	

Behavior Goal Replacement

Moment of Truth: Behavioral Goals are the actions you can directly control.

Quote to Remember: *“Behavior is what a man does, not what he thinks, feels, or believes.”* ~Anonymous

Challenge to Implement: The behavior goals you establish must be based on your limiting factors. Review your limiting factors then write down a corresponding behavior goal that can help you overcome the limiting factors you identified. Additionally, write down other behavior goals you must implement to achieve the overall outcome goal(s) you set.

Limiting Factors	Behavior Goal Replacement
1)	
2)	
3)	

90% Accuracy

Moment of Truth: If you aim for 100% accuracy all the time with your health and fitness goals, you will find yourself waiting forever to achieve perfect results.

Quote to Remember: *"Perfection is not attainable but if we chase perfection, we can catch excellence."* ~Vince Lombardi

Challenge to Implement: Calculate what you must do to achieve 90% accuracy in each critical area: nutrition, workout sessions, and sleep.

To achieve 90% accuracy:
I can have _____ cheat meals per week.
I can miss _____ workout sessions per month.
I can miss _____ hours of sleep per week.