

What Do I Want to Achieve in the Next 7 Days?

Setting S.M.A.R.T. Goals:

- S** • Specific – make sure your goal is very clear and specific. Vague goals seldom gets achieved. What exactly do you want to achieve?
- M** • Measurable – Try using numbers in your goals (amount of F.I.T. group sessions you'll do, time & frequency of cardio sessions, weight lifted) How will you know when you have achieved your goal?
- A** • Attainable – Ensure your goal is something you can achieve. Don't reach for the impossible.
- R** • Relevant – Make sure your goal is relevant to your sport and life right now. Will this goal have a high, positive impact on your sport or health?
- T** • Time-bound – Put a deadline on your goal. When do you want to reach this goal? In this case 7 days

My Goal (s)

I will achieve in the next 7 days: