FITNESS GOALS: HOW DO YOU WANT TO CHALLENGE YOUR BODY IN THIS NEW PHASE OF LIFE?

### <u>Step 1:</u>

As athletes, many of us have specialized in one sport, make a list of physical activities and sports you are interest in trying or picking up again.

<u>Step 2:</u>

Look at your list, if you could start one of these activities today, which would you pick? Why?

"If you want something you've never had, you must be willing to do something you've never done."

- Thomas Jefferson

### <u>Step 3:</u>

From you list, what is an activity you would like to try that requires more planning? What planning do you need to do?

### <u>Step 4:</u>

What do you hope to achieve by engaging in this activity? Examples: Social interaction, complete a marathon, etc.

"Do something today that your future self will thank you for."

-Unknown

### <u>Step 5:</u>

Use this page to draw out your plan for engaging in this activity. List your goals, timelines, and any obstacles you can see.

"Don't limit your challenges, challenge your limits." – Jerry Dunn

### <u>Step 6:</u>

Now try to write out using the SMART method. Start by writing a broad goal, and then breaking it down.

## <u>Example:</u> <u>Broad Goal:</u> I want to take up coaching

Specific: I will coach a minor hockey team next seasonMeasurable: The hockey season starts in 4 months, so I have that long to find a team to work with.

**A**ttainable: I will email local minor hockey associations about coaching opportunities

**R**elevant: Coaching hockey will allow me to stay connected to my sport

**T**ime-Based: By the end of this month, I will have emailed the local minor hockey associations expressing my interest.

## Broad Goal:

"Strive for progress, not perfection." —Unknown

### <u>Step 6 cont.:</u>

Now try to write out using the SMART method. Start by writing a broad goal, and then breaking it down.

Specific:

Measurable:

Attainable:

**R**elevant:

Time-Based:

"All great achievements require time." —Maya Angelou