

# Fitness Goal Setting

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

## Step 1:

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.

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## Step 2:

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

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

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## Step 3:

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

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## Step 4:

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

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“Do something today that your future self will thank you for.”  
–Unknown

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## Step 5:

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

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



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## Step 6 cont.:

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

**Specific:**

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**Measurable:**

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**Attainable:**

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**Relevant:**

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**Time-Based:**

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"All great achievements require time."

—Maya Angelou