Goal setting checklist

Use this checklist when working out your new health and fitness goals. If you need help with any of these then please contact me: info@sarahwasser.com

Firstly make sure your goals are :

**S M A R T**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Be **Specific** about what you want to achieve. | Make it **Measurable** so you can monitor progress | Ensure it’s **Achievable** and possible in the time frame | Be **Realistic** and relevant to your life purpose | Be **Timely** and set a deadline to work towards |

And, set some shorter term goals to help motivate you and keep you focused on the end goal

| Things to think about | Notes |
| --- | --- |
| [ ]  What is your end goal? | Specific:Measurable:Achievable:Realistic:Timely: |
| [ ]  Set a short term goal  |  |
| [ ]  Set a medium term goal |  |
| [ ]  What do you need to do to reach these goals? | Action points:12345 |
| [ ]  Why are these goals important? |  |
| [ ]  How committed on a scale of 1-10 (10 being v. committed) are you to reaching these goals?  |  |
| [ ]  What potential barriers are there to you actually reaching these goals? |  |
| [ ]  How could you overcome these barriers? |  |  |
| [ ]  How will you feel when you reach your end goal? |  |

The end point is really important to remember! Be really specific about how you want to feel, how you want to look and what you want people to be thinking/saying to you. Top Tip: write it on a post-it note and stick where you will see it every day. This way it acts as a reminder, as to why you’re doing what you’re doing and will help you focus on those days when you just don’t feel like it!