

SMART fitness GOALS

SMART fitness goal helps improve results and success. A SMART goal clarifies exactly what is expected and the measures used to determine if the fitness goal is achieved and successfully completed.

A SMART fitness goal is:

Specific: Answers the question—Who? and What?

Not a SMART goal: I want to lose weight for the summer.

A SMART goal: I will research and join a Pilates studio by June 15th and attend 3-4 times a week until September 1st.

Measurable: The success toward meeting the goal can be measured. Answers the question—How?

Not a SMART goal: I feel stagnant in my practice and want to get stronger.

A SMART goal: I am going to speak to my instructor about increasing the challenge. By the end of the summer I want to do at least 4 advanced Pilates exercises on the Reformer and Chair.

Attainable: Goals are realistic and can be achieved in a specific amount of time and are reasonable.

Not a SMART goal: By the end of the summer I want all of my back pain gone!

A SMART goal; By the end of the summer I want to return to my 2 favorite activities playing with my grandchildren and hiking. I may feel some pain but I can DO so much more.

Relevant (results oriented): The goals are aligned with realistic lifestyle choices.

Not a SMART goal: With no previous training I plan to run a 1/2 marathon in 3 months.

A SMART goal: I am going to find a running buddy and run my first 5K this fall

Time framed: Goals have a clearly defined time frame including a target or deadline.

Not a SMART goal: This summer I want to get stronger.

A SMART goal: By August 1st I want to progress from 100's in the mat to 100's on the Reformer.

SMART fitness Goal Planning Form

To help refine your SMART fitness Goal first, complete the SMART fitness Goal Planning Form (page 2) and refer to page 1 as necessary. On the SMART fitness Goal Questionnaire (page 3) write your goal. Then revise your goal again by taking yourself through the questions. Finally, write your **revised goal**. Contact your local Pilates studio and congratulations you are well on your way to accomplishing your goals.

Specific – WHO? WHAT?

Measurement/Assessment – HOW?

Attainable/Achieve – REASONABLE?

Relevant – EXPECTED RESULT?

Timed – WHEN?

SMART fitness Goal Questionnaire

Write your goal: _____

1. **Specific.** What will the goal accomplish?
How and why will it be accomplished?

2. **Measurable.** How will you measure whether or not the goal has been reached (list at least two indicators)?

A) _____

B) _____



3. **Attainable.** Is it possible? Have others done it successfully? Have you gathered the right resources, like a fitness regime you like at a location where you appreciate the instruction and culture. Will meeting the goal challenge you without defeating you?

4. **Relevant.** What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?

5. **Time frame.** What is the established completion date *and does that completion date create a practical sense of urgency?*

Revised Goal: