

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.

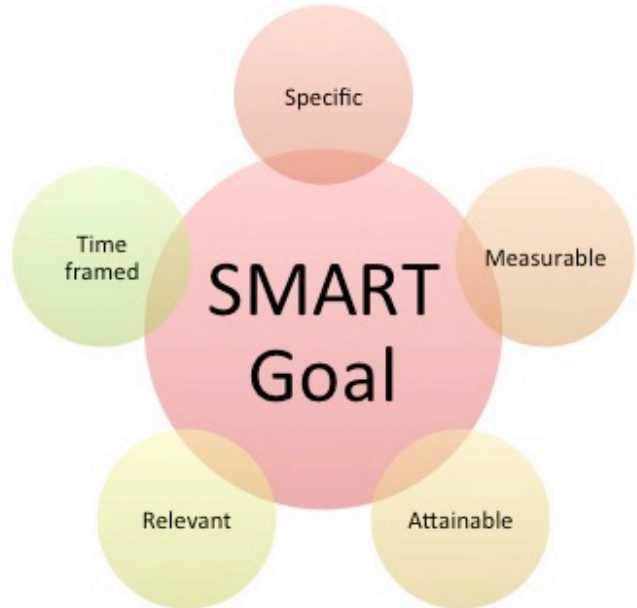
Not a SMART goal: This summer I want to get stronger.

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 Questionnaire

First draft 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? 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: _____