

The Idea behind Goal Setting

These are the main steps to setting goals not just in your health and fitness but all areas of life.

- ✚ Acknowledge your ultimate goal
- ✚ Look at best way to achieve your goal
- ✚ Break down your ultimate goal into smaller, more specific mini-goals
- ✚ Regularly monitor your progress
- ✚ Make your goals adaptable to changing circumstances
- ✚ Write your goals down
- ✚ Learn to forgive if you make a mistake or wrong turn
- ✚ Reward yourself for achieving your goals, this will add extra value to your end goal



Acknowledge your ultimate goal

Be realistic. Your ultimate fitness goals should be something you wish to achieve that you currently can't do like participate in a competition or to fit into your pre-baby skinny jeans. Whatever it is, make it realistic. You have to remember that most of us will never be supermodels or top Australian athletes, so think about what is achievable for you and write it down in this training diary, just over the page.

Don't be generic – most of us want to lose weight so how is this goal specific to you? Make your ultimate goal something measurable whether it's the number of kilograms you want to lose or a certain type of clothing – make it REAL.

Make sure that your ultimate goal is what YOU want to achieve, not what someone else thinks you should achieve. As a trainer I often get asked what client's goals should be and my answer is – it's in your heart. You know what you want to achieve deep down if you listen hard enough, and you are more likely to commit to your exercise routine if it's for YOU.

You could also look at your Ultimate goal from another angle, why not make it a progressive goal like aiming for 30 minutes of exercise three days each week. The aim of this challenge is to focus on feeling good today, tomorrow and into the future.

Look at Best way to Achieve your goal

Once you have decided on your ultimate health and fitness goal, you need to make a plan to reach it. Depending on what your ultimate goal is, depends on what approach you have. For example, if you are wanting to lose some weight and tone your muscles you would need to regularly burn more energy than you consume (food and drink). In your plan you would include:

At least 30 minutes of exercise every day (or most days). This can be broken down into 15 minute sessions if you are unable to find a 30 minute block. Find an exercise that you enjoy doing such as walking, jogging, Zumba, Pilates – the list is endless and only limited by your imagination.

Reduce the empty calories in your diet (chocolate, soft drinks, junk food, alcohol consumption). This is not able restricting it from your diet, just have it in moderation!

Eat smaller portions of food, more times a day. Just by reducing what you eat daily will start to show on your body and in your energy levels. Playball Personal Fitness works off the school-yard theory. Just have a look at your child's day at school and plan your meal breaks the same way. Breakfast, Morning Tea, Lunch, After School Snack, Dinner (and sometimes dessert – if you have been good).

Increase the good foods and reduce the bad – cut out some of the preservative based foods and look towards the fresh fruit and vegetables, lean meats, low-fat dairy and wholegrain foods. While Australian Climate is having an

effect on food, it is better to spend a little more money on good foods than less money on bad foods...your body will thank you later in life when you don't have to pay for doctors fees.

If you are not sure about the best way to achieve your ultimate health and fitness goal, please do not hesitate to contact your trainer for some help.

Break Down your ultimate Goal into smaller, more specific mini-goals

Did you know that you are more likely to reach your ultimate goal if you break it down into smaller, more specific mini-goals? A number of way you can do this include:

Set a reasonable time frame. As women, we can realistically lose about .5 – 1kg each week, which if you want to lose 10kg would mean that you would need to allow yourself around 10-15 weeks.

Make your training sessions mini-goals. I will consistently go to Zumba class each Tuesday at 7.30pm. I will exercise every second day, rain, hail or shine.

It is a good idea to refresh your mini-goals every week or fortnight. This way they stay fresh, are more achievable and you will stay motivated to complete them.

Make one day every week your reward day, a day where you can reward yourself for achieving the week's mini-goals. Just don't go overboard because the next day you have to keep going!

Regularly monitor your progress

You need to make sure your mini-goals are measurable and you are able to monitor them. You need to decide how you are going to monitor your progress and make sure you record it. Playball Personal Fitness offers monthly fitness updates (measurements, scales, fitness test) for all Mobile Personal Training clients as part of your package. For Group Fitness clients, this is an optional extra.

In your health check section of this diary, you have all your fitness updates available for you to fill out but some ways that you can measure your successes at home include:

Write your progress down. Have a diary where you write down when you exercise, for how long and what you did. At the end of each week you can see how much you are or are not doing and this will help you track your progress.

Decide how often you are going to measure your progress. It is unrealistic to measure yourself daily as with female hormones our bodies do fluctuate from morning to evening, however you may want to do a weekly weight in yourself and then have your monthly assessment where you get more details about your progress.

If your goal is to lose weight, there are a few ways you can monitor your progress such as recording your exercise routine (as mentioned above), writing a food and mood journal (available in this training diary), energy levels or how your clothes fit. The more ways you give yourself to succeed the more likely you will.

And don't forget to reward your progress. If you normally celebrate by eating food, change your habit and take yourself to a movie, or organise a fun day out with friends. Giving yourself rewards doesn't mean you should always be giving yourself food rewards – think outside the box.

make your Goals adaptable to Changing Circumstances

As a parent, life can interrupt your training schedule. Below are some ways to adapting to your adjusted training schedule instead of getting flustered and giving up.

Find different ways to cope with "schedule" interruptions. If a child is sick and you can't get to your regular Zumba class, why not put them in the pram and take them for a walk around your local area. Not only does it settle the kids but you also get an extra workout from pushing the pram!

If you get an injury or are sick, don't stop reaching your fitness goals. Instead, find a way to adjusting your goal's time frame and come up with some new mini-goals while you are recovering. I have had a client who has had a major foot operation and while it has taken a while for her to recover she exercised throughout and kept her upper body strong, which not only helped her in the hospital but also kept her muscles strong and it kept her on track to her ultimate goal.

If you find your fitness goals seem unachievable, reset your goals slightly lower and keep motivated.

If you find that you have achieved your fitness goal earlier than expected, Congratulations. Don't forget to reward yourself then go ahead and start setting your next ultimate goal!

Learn to Forgive yourself

You may find that your fitness goal is a little ambitious; you may have been unrealistic with your initial goal, setting the bar just a little too high. Below are some ways to learn to forgive yourself and succeed in reaching your goals.

The starting of any new exercise program is always challenging. Don't be frightened by the unknown, just keep chipping away at your mini-goals, keep working hard at them and never give up and things will get easier as you go along.

I have mentioned this previously but celebrate and reward yourself on your achievements no matter how small they are. Look back and appreciate how far you have come each time you achieve a goal.

Have stepping stone goals, if your ultimate goal is to lose 15kg, why not make your stepping stone goals as 5kg goals. This is still a great success and should be celebrated.

If you get sick, injured or fall off the wagon, don't give up. You are worth the effort and pick up where you left off.

There is no failure except in no longer trying. ~Elbert Hubbard

write your Goals Down

While I have talked all about setting your ultimate goal, mini-goals and rewards, the only way you are going to achieve these goals is by writing it down.

Whether you use this training diary, computer or your own notebook, the only way you will succeed in reaching your goals is to write them down. This takes the ideas out of your head and makes them more tangible and much more achievable.

make your Goals Know To Others

It's all well and good setting your ultimate goal, writing it down, breaking it into mini-goals but if you don't let others know what your goals are, how are you going to celebrate your successes?

Whether it's your family, friends, work colleagues, trainer, or all of the above, they will help you hold yourself accountable for your successes or failures and keep you motivated, enthusiastic and loving life. There is nothing better than having someone compliment you on how you look!!

So start telling people and start reaching your goals today.

Included in this article is your:

- Ultimate Goal Setting sheets
- Mini-Goal Setting sheets
- Reward Chart

So get started on reaching your goals for 2012 and if you need any help, don't hesitate to contact Katrina on 0413 861 118 or Katrina@playballfitness.com.au

Ultimate Goal

Identify your ultimate goal

Benefits from reaching your ultimate goal

Major obstacles in achieving your ultimate goal

Skills or knowledge required to reach your ultimate goal

Who will help you reach your ultimate goal

Mini-Goals

Ultimate Goal: _____

Date to be achieved: / / Completed

WHY I WANT TO ACHIEVE THIS GOAL

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WHAT IS HOLDING ME BACK? WHAT OBSTACLES AM I FACING?

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MINI GOALS TO GET THERE:

1. _____

Date to be achieved: / / Completed

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Reward.....

2. _____

Date to be achieved: / / Completed

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Reward.....

3. _____

Date to be achieved: / / Completed

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Reward.....

4. _____

Date to be achieved: / / Completed

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Reward.....

5. _____

Date to be achieved: / / Completed

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Reward.....

6. _____

Date to be achieved: / / Completed

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Reward.....

Rewards

#1

My goals is:.....

To be completed by:.....

My reward for completing is:.....

#2

My goals is:.....

To be completed by:.....

My reward for completing is:.....

#3

My goals is:.....

To be completed by:.....

My reward for completing is:.....

#4

My goals is:.....

To be completed by:.....

My reward for completing is:.....

#5

My goals is:.....

To be completed by:.....

My reward for completing is:.....

#6

My goals is:.....

To be completed by:.....

My reward for completing is:.....
