



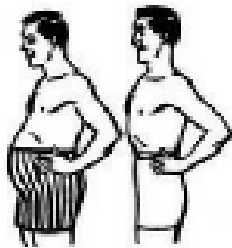
Use this goal-setting
guide to achieve
your perfect body

How to set goals for **YOUR PERFECT BODY**

Tips to get RESULTS



Choose a friend who shares your appearance goals, they will push you to get results.



Target problem area, take before and after pictures, record measurements and weight.



Post a picture of your dream body to see daily.

Focus on vigorous activities to increase muscle mass and tone your body. High intensity activities can get you closer to your dream body.



HOW TO SET SMART GOALS?

Specific: I want to lose weight.

Measurable: I want to lose 7.5lbs.

Adjustable: I will adjust my plan every 2 weeks depending on my progress.

Realistic: This is realistic because it's about 1lb/week.

Time-based: I will give myself 2 months.

Final goal: In 2 months, I want to lose 7.5lbs, 1lb/week is very realistic. I will adjust my plan every 2 weeks depending on my progress.

My goal for the **NEW ME**

Training zones

Moderate: increased heart rate

Vigorous: increased breathing rate and difficulty keeping a conversation

Moderate activity:	Vigorous activity:
Brisk walk	Running
Light bike	Spin class
Light weights	Heavy weights
Shoveling	Interval training
Light swim	Boot camp

Activities that challenge me:

WHY I want to achieve my body transformation goals:

New activity that will give me the best results:

My SMART goal

Specific: _____

Measurable: _____

Adjustable: _____

Realistic: _____

Time-based: _____

Final goal: _____

What did you
do today to
bring you closer
to your goal?

