

Exercise module

16-WEEK CURRICULUM

EXERCISE GOAL SETTING: GET S.M.A.R.T.

Many people avoid goal setting because they fear they are setting themselves up for disappointment. This module will assist you with setting realistic, achievable goals. Let's take things slowly and build on your successes using these S.M.A.R.T. ideas:

S Specific

An example of a specific goal may be your desire to fit more comfortably into a pair of pants or dress. If so, measure your waist, hip and thigh now and repeat it in one month. If you are trying to achieve someone else's goal (for example: "I'm participating in this program because my husband wants me to lose weight"), chances are you won't be successful in the long-term.

M Measurable

"I want to exercise more" isn't specific enough or measurable. A way to know that you are exercising more is write down how much you are exercising now and set a specific goal. For example, "I want to exercise four times this week for 15 minutes each time."

A Attainable

For the person who is just beginning a power-walk program or any program it is best to start slowly and increase your exercise over time. It would be unrealistic to set a goal of "I will power-walk every day this week for two hours." Instead, a realistic goal may be to power-walk 15 minutes a day this week and then 20 minutes a day next week.

R Relevant

Ask yourself, does your chosen fitness program match your goals, and does it suit your lifestyle? If you're not a morning person and you've decided to wake up at 5:00 a.m. to exercise, it's likely that you will stop exercising after a few weeks, or even days.

T Trackable

It can be very motivating to visually see what you have accomplished in the previous weeks. Logging your workouts in a notebook or on a calendar can help you see how far you have come.

On the reverse side, list your goals for the program and give them specific details so that each one is S.M.A.R.T.

