

### 1. Set Realistic and SMART Goals:

Be realistic with your fitness goals and ensure they are achievable to maintain motivation

### 2. Find Your "Why":

Understanding the deeper reason behind your desire to exercise provides a personal and emotional investment in your goals. Reflect on why you started your fitness journey

### 3. Make it Enjoyable and Mix Up Your Routine:

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### 6. Reward Yourself:

Set rewards for reaching specific milestones in your fitness journey as positive reinforcement.

### 5. Build a Support System and Be Accountable:

Join a fitness community either online or offline for motivation, advice, and a sense of belonging. Participate in classes or challenges.

### 4. Track Your Progress:

Keep track of your progress as it can be incredibly helpful and serve as a support tool.

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### 7. Build Consistency and Habits:

Keep a schedule by establishing a plan, making training an integral part of your routine.

### 8. Shift Your Mindset:

Change your perspective and start believing in yourself. Small daily steps add up.

### 9. Overcome Challenges and Setbacks:

Forgive yourself if you fall off track. Don't use it as an excuse to give up.

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### 10. Stay Positive and Competitive (If it Motivates You):

Maintain a positive mindset by focusing on the benefits and celebrating successes.