

Planning MY Program: Goal Setting

Start Date _____

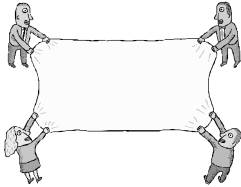
End Date _____

Name _____

This is your Personal Fitness Road Map Summary and Program. It is intended to get you started and to help keep you on track!

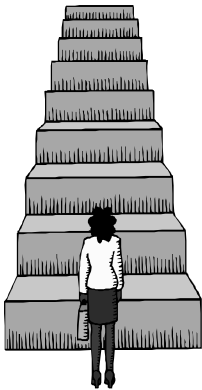
Ultimate Goal

Make your goals SMART - Specific, Measurable, Attainable, Realistic and Timed.



In 6 months I want to _____

Short-term Goals



In 6 months I will _____

In 5 months I will _____

In 4 months I will _____

In 3 months I will _____

In 2 months I will _____

In 1 month I will _____

Support



Whose help will I need to achieve my goal? _____



What might cause me to get off track? How will I overcome it? _____



How will I know when I have achieved my smaller goals and ultimate goal? _____



How will I reward myself for achieving my smaller goals and ultimate goal? _____

Commitment

Number of workouts per week I can realistically do. _____

Amount of time per workout session I can realistically set aside. _____

Activities at home, work, school play (active living) that will help me achieve my goals. _____

- If it hurts – don't do it. You should feel fatigue and some muscle soreness 1-2 days after your workout. If you are stiff – do some light cardio (long warm-up) and stretch.
- **Remember** – your body will adapt to any stress or overload you use. Plan to change your program every 4-6 weeks to prevent plateaus by changing the exercises, rest periods, sets, reps, load...
- **Sample progression**
 - Bicep Curl – 10 lbs (1 set x 12 reps, 1 x 14, 1 x 16, 1 x 18, 1 x 20) can either go to 2 x 12, 2 x 14, 2 x 16, 2 x 16, 2 x 18, 2 x 20...) or increase weight 12 lbs (1 set x 12 reps, 1 x 14, 1 x 16, 1 x 18, 1 x 20)...

Flexibility Training

- Tune into your body. Focus on muscles and joints being stretched.
- Choose stretches that focus on the muscles used in the workout as well as posture muscles.
- Breathe slowly, rhythmically and under control. Do not hold your breath.
- No bouncing! Always stretch within your comfortable limits, never to the point of pain.
- Take your time. The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- Do not compare yourself with others. We are all different. Comparisons may lead to overstretching.
- If you are stretching correctly, the stretch feeling should slightly subside as you hold the stretch.

Focus on stretching the muscles used in your workout as well as posture muscles:

Workout/Posture	Upper/Lower	Muscle Group	Stretch
Posture	Lower	Hamstrings	
Posture	Lower	Hip Flexors	
Posture	Upper	Chest	

Remember – the body needs to be challenged on a regular basis in order to get stronger and more efficient!

Choose activities that you enjoy but also experiment and try new things.

Aim to move more often – every day!