

TRACKING MY GOALS EXAMPLE

S

Specific: Define your goal in as much detail as possible. Think about who, what, where, and when.

Saying 'I will lose 15kgs' is more specific than saying 'I will lose weight'.

M

Measurable: track the outcome and your progress

I will exercise 4-5 times a week.

I will follow Annette's 28 Day Menu Plan.

I will write a food diary each day.

A

Action: What will you do to achieve your goal?

If you haven't exercised for a long time, exercising for 10 minutes, 5 times a week is much more achievable than trying to do a 40 minute session 5 times in the first week. Start with 10 minutes then increase the time each week.

R

Realistic: Is your goal achievable

Find the real reasons. Example, I want to lose weight so I can play with the kids/ grandkids, or to get off medication.

T

Time-Oriented: How long will it take to complete?

I will lose 6kgs by March 30.