

# Your Fitness Goal-Setting Guide

*Transform your path to health with clear, achievable goals that stick*

## Welcome to Your Transformation

Hey there, future fitness superstar! I'm so excited you're here, ready to take control of your health and fitness. Here's the truth: setting fitness goals isn't just about picking a random number or hoping for the best. It's about creating a roadmap that transforms not just how you look, but how you *feel* every single day.

Your path to better health is uniquely yours, and I'm here to guide you through a process that will help you create goals that are challenging yet achievable, meaningful yet practical. Whether you're lacing up your sneakers for the first time in years or you're ready to push past a plateau, this guide will meet you exactly where you are.

**Why does goal setting work?** Because it turns your dreams into a concrete plan. When you can see your path clearly, every workout becomes purposeful, every healthy choice becomes intentional, and every small victory becomes fuel for the next step forward.

## The S.M.A.R.T. Method: Your Secret Weapon

Let's talk about the game-changer: S.M.A.R.T. goals. This isn't just fitness industry jargon – it's your blueprint for success. Every letter represents a crucial element that transforms wishy-washy hopes into concrete achievements.

### S - Specific: Get Crystal Clear

Your goal needs to answer the "what," "why," "who," and "when." Ditch vague statements like "get in shape" and embrace clarity like "complete a 5K run" or "lose 15 pounds to improve my energy levels."

#### Examples that work:

- "Attend three strength training sessions per week at my local gym"
- "Walk 8,000 steps daily to boost my cardiovascular health"
- "Practice yoga for 20 minutes every morning to reduce stress"

## **M - Measurable: Track Your Victories**

If you can't measure it, you can't celebrate your progress! Your goal should include specific numbers, timeframes, or measurable outcomes.

### **What to track:**

- Pounds lost or gained
- Minutes of activity completed
- Distance covered
- Strength improvements (weight lifted, reps completed)
- Body measurements
- How you feel (energy levels, sleep quality)

## **A - Achievable: Challenge Yourself Realistically**

Your goals should stretch you without breaking you. If you're currently sedentary, training for a marathon next month isn't achievable – but building up to a 5K over 8-12 weeks absolutely is!

### **Smart scaling:**

- New to exercise? Start with 2-3 workouts per week
- Returning after a break? Aim for 50% of your previous intensity
- Already active? Increase duration or intensity by 10% weekly

## **R - Relevant: Make It Matter to YOU**

Your goals must align with your values and what genuinely matters to you – not what you think you *should* want or what others expect.

### **Ask yourself:**

- Why does this goal matter to me personally?
- How will achieving this improve my daily life?
- Does this fit with my lifestyle and priorities?

## **T - Time-Bound: Create Urgency**

Deadlines aren't pressure – they're motivation! Set realistic timeframes that create a sense of urgency without overwhelming you.

### **Timeline examples:**

- Short-term (1-4 weeks): "Walk 30 minutes daily this month"
- Medium-term (1-3 months): "Lose 8 pounds by summer"
- Long-term (6+ months): "Complete my first 10K race this fall"

# **Your Step-by-Step Goal-Setting Process**

## **Step 1: Dream Without Limits**

Close your eyes and imagine yourself three years from now, living your healthiest, most vibrant life. What does that person look like? How do they move through their day? What energy do they radiate?

### **Visualization prompts:**

- What does your ideal morning routine look like?
- How does your body feel when you wake up?
- What activities bring you pure joy?
- How has your confidence transformed?

## **Step 2: Anchor Your Vision in Values**

Write down the deeper "why" behind your fitness goals. This becomes your motivation reservoir when challenges arise.

### **Common values that fuel fitness goals:**

- Being present and energetic for your family
- Building confidence and self-respect
- Managing stress and improving mental health
- Setting a positive example for others
- Feeling strong and capable in your body

## **Step 3: Set Your Long-Term Goal**

Based on your vision, write down one primary long-term fitness goal. Make it inspiring but grounded in reality, then apply the S.M.A.R.T. criteria.

## **Step 4: Build Your Action Bridge**

Identify 3-5 specific actions that will move you toward your long-term goal. These become the foundation for your short-term goals.

### **Action examples:**

- Schedule regular workout times
- Meal prep nutritious options
- Find an activity you genuinely enjoy
- Create a supportive environment
- Learn proper form and technique

## Step 5: Create Short-Term Stepping Stones

Break each action into weekly or monthly mini-goals. These smaller victories keep momentum high and make your big goal feel totally achievable.

## Step 6: Plan for Success (and Obstacles)

For each short-term goal, identify:

- Resources you'll need (time, equipment, knowledge, support)
- Potential obstacles and how you'll overcome them
- Motivation boosters for tough days
- Ways to celebrate your progress

## Interactive Worksheets

### My Fitness Vision

Three years from now, my healthiest self looks like:

My core values driving this transformation:

- 1.
- 2.
- 3.

How achieving my fitness goals will improve my daily life:

### My S.M.A.R.T. Goal

My long-term fitness goal is:

**Specific:** What exactly will I achieve? \_\_\_\_\_

**Measurable:** How will I track progress? \_\_\_\_\_

**Achievable:** Is this realistic for me? \_\_\_\_\_

**Relevant:** Why does this matter to me? \_\_\_\_\_

**Time-bound:** When will I achieve this? \_\_\_\_\_

## My Action Plan

**Action 1:** \_\_\_\_\_

Short-term goal: \_\_\_\_\_

Timeline: \_\_\_\_\_

**Action 2:** \_\_\_\_\_

Short-term goal: \_\_\_\_\_

Timeline: \_\_\_\_\_

**Action 3:** \_\_\_\_\_

Short-term goal: \_\_\_\_\_

Timeline: \_\_\_\_\_

## Obstacle-Proofing My Success

**Potential Challenge 1:** \_\_\_\_\_

My solution: \_\_\_\_\_

**Potential Challenge 2:** \_\_\_\_\_

My solution: \_\_\_\_\_

**Potential Challenge 3:** \_\_\_\_\_

My solution: \_\_\_\_\_

## My motivation boosters when I'm struggling:

- 
- 
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## Your Success Toolkit: Practical Tips That Work

### Start Where You Are, Not Where You Think You Should Be

There's no shame in starting small. In fact, it's brilliant! Small, consistent actions compound into massive transformations. Better to nail 15-minute walks consistently than fail at hour-long gym sessions.

### Celebrate Every Victory (Seriously, Every One!)

Did you choose the stairs over the elevator? That's a win! Packed a healthy lunch? Victory dance time! These micro-celebrations wire your brain for success and make the process enjoyable.

## Progress Isn't Always Linear

Some weeks you'll feel unstoppable, others might feel tough. That's not failure – that's being human. Your goals are your guide, not your judge. Adjust as needed and keep moving forward.

## Find Your Tribe

Whether it's a workout buddy, online community, or supportive family members, having people who believe in your goals makes all the difference. Share your plans with people who will cheer you on.

## Make It Fun (This Is Non-Negotiable!)

If you hate running, don't make running your goal! Try dancing, hiking, swimming, strength training, yoga, or anything that makes you smile. The best workout is the one you actually want to do.

## When Life Happens: Adapting Your Goals

Life isn't linear, and neither is your path to better health. Sometimes you'll need to adjust your timeline, modify your approach, or even change your goal entirely. This isn't giving up – it's being smart and realistic.

### Signs it's time to adjust:

- Your goal no longer feels relevant to your current life
- You're consistently struggling to make progress despite good effort
- Your circumstances have changed significantly
- You've achieved your goal faster than expected (time to level up!)

Remember: Goals are meant to serve you, not stress you out. Stay flexible, stay kind to yourself, and keep your eyes on the bigger picture of becoming your healthiest, happiest self.

## Your Next Steps Start Now

1. **Block out 30 minutes** to work through the worksheets in this guide
2. **Write down your goals** somewhere you'll see them daily
3. **Schedule your first action** for this week
4. **Tell someone** about your commitment
5. **Celebrate** taking this important step toward your transformation

You've got everything you need to succeed. Your goals, your plan, and most importantly, your commitment to showing up for yourself. I believe in you, and I can't wait to see the incredible person you're becoming.

*Remember: You don't have to be perfect. You just have to start.*

## Ready for Support?

Your path to better health doesn't have to be a solo adventure. If you're looking for personalized guidance, accountability, or want to fast-track your results with expert support, I'd love to help you create a plan that fits your unique life and goals.

### Let's connect:

Apply for fitness coaching today: <https://wqnzju4hzjv.typeform.com/to/XL0c5rae?typeform-source=alexamckenzie.com>

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