



Goal Setting

SMART goals- Goals that are Specific, Measurable, Attainable, Realistic, and Timely. Before you start working out, take a few moments to set your goals and ask yourself these five questions:

- What do I want to accomplish with this exercise program?**
- Are my goals realistic and attainable?**
- Do I know how to reach my goal?**
- Do I have a timeline for reaching my goal?**
- How will I reward myself when I get there?**

Here are some specific goal examples that you could use to help you get started with your goal setting!

I will get 7 or more hours of sleep every night

I will drink 8, 8oz glasses of water every day

I will limit myself to 4 or fewer alcoholic beverages per week

I will eat a balanced diet with 6 servings of fruits/vegetables per day

I will limit myself to 1 or less caffeinated beverages daily

I will be able to jog a mile without stopping by the end of the Healthy Hornet Challenge

I will start exercising at least 5 days a week

I will try at least one new healthy food per week

I will reduce my mile time by 20 seconds by the end of the Healthy Hornet Challenge

I want to lose $\frac{1}{2}$ pound per week until I lose 10 pounds

I will try a new activity every week for my cardio exercise such as basketball, biking, swimming, boxing, or hiking