

Setting goals - cheat sheet

When you start looking at getting more active or adding activity into your daily routine, setting goals and tracking progress is an effective way to stay motivated and to show what you've achieved in your journey. First things first with your goals, remember to think SMART.

Specific: Your goals should be specific to you and clear to understand.

Measurable: Think about how you will measure your goals and which measurements you will use.

Achievable: It important to make sure your goals are attainable so make sure that you set achievable goals.

Realistic: Are your goals realistic for you?

Time: Setting timeframes for goals will help to keep you motivated. Using short, medium, and long-term goals can be beneficial to keep you on track.

Goal setting example:

Linda would like to improve her health and get more active. Currently she walks around 4000 steps per weekday and tries to stay active during the weekend. Linda is hoping to improve her cardiovascular fitness and increase her flexibility and balance. She would like to feel better overall and have more energy after waking up/finishing work.

Linda SMART goals:

Specific:

Short term (4-6 weeks).

- Increase daily steps to 6000-7000.
- Complete 1x ExHALE cardiovascular and strength and balance video per week.

Medium (6 months):

- Increase daily step to 8000-9000.
- Increase flexibility by attending 1x yoga class per week.

Long term (1 year):

- Complete a walking event with friends.
- Continue with increased step, online and in person classes.

Measurable: Linda will use her progress sheet to keep herself accountable towards her goals. She will use her google health app on her phone to track her steps and allocate time into her weekly calendar to allow her to complete classes. She currently struggles with her hip flexibility so will record any improvements on a regular basis.

Achievable: Linda goals are set so her short-term goals will allow her to complete her long-term goals of a walking event. All her goals are achievable and not over whelming. She has decided to use her lunch hour to increase her step count and will use a spare ten minutes in the evening to complete her online classes. She has planned for her Yoga class in her medium goals so that she knows she will be free when the classes start. Linda and her friends have all signed up to the walking event, so they know that they have something to work towards for the end of the year.

Realistic: Linda is happy that she can maintain these goals and is not concerned about doing too much or not being able to be successfully complete her goals within her timeframe.

Time: Goals are split into Short, Medium, and Long to give a more specific timeframe to adhere to.

Writing down our goals is important but it's also essential to stop and think a bit more about your activity and wellbeing goals. Consider the following when filling in your goals and progress form.

Why do I want to achieve these goals?

Consider why you have set your goals is important. Setting personal goals should be personal to you so make sure you think about why you want to achieve this goal and write it down.

How will achieving them benefit me?

Ask yourself, how and why will this benefit me? This will be key for you to look back on and understand why you set the goals you've set.

What support do I have to help me achieve them?

We all need support to help us through change and challenge. Write down who will be in your support system and who can contact when you might be feeling demotivated. Make sure any support you have is aware of how important your goals are to you and why you are embarking on this new journey.

What will I do when I reach my goals?

This isn't essential but rewarding yourself for achieving your set goal can be a good thing (just try to make it a healthy reward). Treating yourself to some new fitness gear or accessories can be a great way to motivate you to keep at it!