



# S.M.A.R.T. GOALS

EXERCISE AND FITNESS

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# WHAT IS A S.M.A.R.T. GOAL?

- Specific
- Measurable
- Attainable/achievable
- Relevant
- Time frame/bound to reach goal
  
- Set numerous goals

# GOAL SETTING

- Why?
  - Weight loss? Increase strength? Endurance? Speed? Power?
- Who?
  - Doing this for yourself or because others want you to?
    - Is this what you want or is this what others around you are doing? Do you want to do this to help yourself?
- What?
  - What is the result you want to see?
- When?
  - When do you want to accomplish this?

# SPECIFIC

- Saying “to lose weight” not specific enough
- Say: “to lose 10 pounds in 2 months” is specific
- Want to complete a 5K in 2 months time.
- Be able to decrease body fat percentage by 5% in 6 weeks
- Be specific if there is a time to meet for running improvement such as maintaining a 9:30 pace per mile for a 5k run
  - Set up the specifics first and find ways to make this realistic
  - Figure out what is realistic for yourself first and follow through

# MEASURABLE

- Goal set is measurable-such as goals set under specific goals.
- Measurement helps to set up success.
- Be able to set and track progress to reach your goal over the timeframe mentioned.
  - Make sure this is measureable-such as decreasing time
  - Decrease in weight, body fat percentages
  - Increase in time working out each week

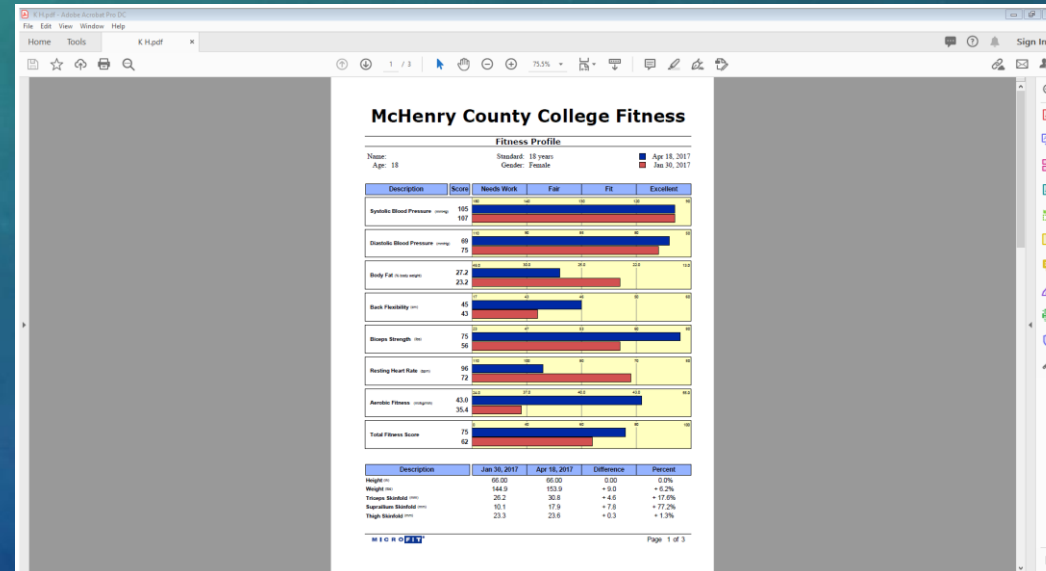
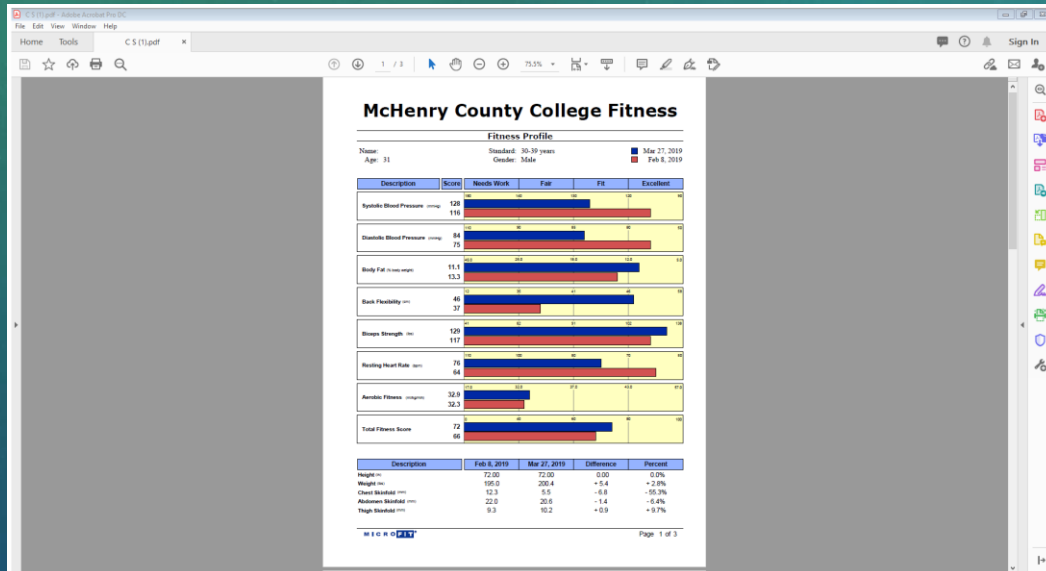
# EXAMPLE OF MEASUREABLE GOAL

- Fitness evaluations from beginning and compare to 12 weeks later to see difference
- Blood pressure improvement
- Time frame for walk/run specific distance
- Weight lifted

# COMPARISON OF BEFORE AND AFTER

Male

Female



# ACHIEVABLE

- Goal set should be within reach/sight
- Important to set multiple small goals to help reach larger goal.
  - Larger goal is to lose 50 pounds, several small goals 5 pound weight loss a month to reach large goal
  - Run a 5k (3.1 miles)-set a goal to run a mile and progress from here to run 3.1 miles by time frame.
- Goals are modifiable as time moves forward



# RELEVANT

- Goal should reflect what “YOU” want.
- If YOU want to be healthy-should reflect this, not just because what others around you do.
- Important for success to do what YOU want to do.
- Fully believing in something can be accomplished can make it relevant.

# TIME BOUND

- Set realistic time frame to achieve goal.
  - Example would be set small goals and activities on a calendar to stay on track.
  - Track progress and workouts to better tune the goal.
- Some goals can change and evolve-normal.
- Set up schedule to match and reflect goals
  - How many days/week is realistic to reach this?
  - How long will the workouts be each session?

# SUMMARY

- Goals should be a reflection of you and your needs/wants
- Goals are meant to be a guide and can be changed as you change
- Goals should be out of reach, but not out of sight.

# REFERENCE

- Holomes, T. (2016, March). *How to set S.M.A.R.T. Goals*. Retrieved from active.com: <http://www.active.com/fitness/articles/howtosetsmartgoals>