

Fitness Goal Setting Exercise: Creating Your SMART Fitness Plan

This document will guide you in setting SMART fitness goals (Specific, Measurable, Achievable, Relevant, and Time-bound). By the end of this activity, you will have a personalized fitness goal plan tailored to your needs.

Step 1: Define Your Fitness Objective

Ask yourself:

- Do I want to lose weight?
- Do I want to gain strength?
- Do I want to improve endurance or flexibility?
- Do I want to create a consistent fitness habit?

Step 2: Apply the SMART Framework

SMART Criteria	Guiding Question	Example Goal
Specific	What exactly do I want to achieve?	I want to lose body fat.
Measurable	How will I track progress?	Track weekly weigh-ins and progress photos.
Achievable	Is this realistic with my lifestyle?	Lose 1–2 lbs. per week through diet and workouts.
Relevant	Why does this matter to me?	To improve my health and confidence.
Time-bound	What is the deadline?	Reach goal in 12 weeks.

Step 3: Write Your Personalized SMART Goal

Fill in the blanks to make your own goal:

My SMART Fitness Goal:

I will _____ (specific action) by _____ (timeframe), measured by _____ (metric), because _____ (personal reason).

Example:

I will run 3 miles without stopping by December 1, measured by a running app, because I want to improve my endurance for an upcoming 5K.

Step 4: Action Plan

Now, create small steps to achieve your goal:

- What will you do daily?

- What will you do weekly?
- How will you track progress?
- What barriers might come up, and how will you handle them?

Reminder: SMART goals are not just about ambition — they're about structure. Adjust your goals as needed to stay realistic and motivated.

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SMART Fitness Goal Worksheet

1. What is your main fitness objective?

2. Write your SMART Goal:

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

3. Action Plan:

Daily steps: _____

Weekly steps: _____

Tracking method: _____

Barriers + Solutions:

[illegible]