

Workout Smarter Worksheet

My SMART goal(s)

Specific. I plan to _____

Example: I plan to walk a mile every day.

Measurable. I know I'm making progress when _____

Example: I use my pedometer and track every mile on my calendar.

Attainable. I have what I need to do this _____

Example: I have the right shoes to make walking comfortable. I live close to track that makes it easy to count my laps.

Realistic. I will make time for this by _____

Example: I will get up 30 minutes earlier every day to walk.

Timely. This is a good time to start the activity. Yes _____ No _____

Example: I'm in the middle of a time-intensive project at work until next week. I can start my goal right after that.

Play

I want to try the following activities:

Music

Ideas for my workout playlists include:

Motto or Mantra

Ideas for my personal motto or mantra are:

