MISSION movement

S — SPECIFIC

What kind of workouts are you planning to do?
Walk, run, swim, personal training session, group exercise class...
What would you like to be able to accomplish?
Run a 5K, squat 50 lbs, complete a triathlon, bike the trails by my house without getting tired, etc.

M — MEASURABLE

How often?
How many workouts per week?
How many minutes per session?
How long of a distance will you go?

A — ATTAINABLE

Do you have the time and resources to make the specific goal happen?
Are there any obstacles standing in your way?

R — RELEVANT

Why is this goal important to you?
I want to feel better in my skin, be able to play with my kids without getting tired, sleep better, have a better sex life!

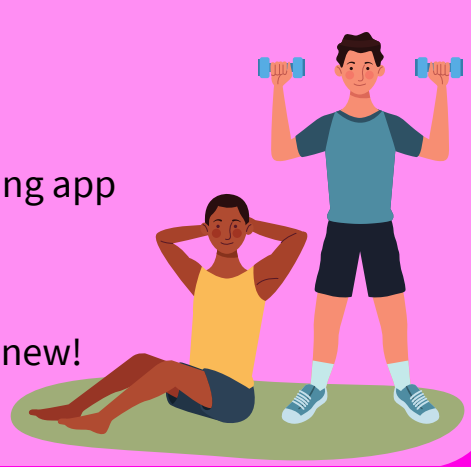
T — TIME-BOUND

When will you achieve your goal or check in next?
Weekly? Monthly?

Write out your SMART goal for the Project Reset Program!
Find inspiration in the SMART goals below:

American Heart Association recommends at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity per week.

Example #1: Walking
S: I want to increase my walking
M: I will walk 3 times a week for 30 minutes
A: Looking at my schedule I can go for a walk during my lunch break on Mondays and Wednesdays, as well as Saturday mornings
R: I want to improve my cardiovascular health so I have more energy
T: I will reassess in 4 weeks and if all is going well I will add a walk on Thursdays after work

Example #2: Taking a Group Exercise Class
S: I want to join my local gym and start taking group exercise classes - specifically Bootcamp and Yoga
M: My goal is to start attending 2 classes per week and work my way up to 3
A: I will choose a gym that is within 15 minutes of my home and offers a variety of classes that fit my schedule.
R: I enjoy working out with an instructor leading me and meeting new people
T: I will sign up for the gym this week and check in monthly

Example #3: Sign up for a Race
S: I want to run in this year's Turkey Trot 5K
M: I will run 2 times per week and track my distance using a running app and I will add 0.25 mile per week to increase my mileage
A: Looking at my schedule I can run on Tuesdays and Saturdays
R: I have never run in that race before and want to try something new!
T: I will sign up for the Turkey Trot 5K race that is in 3 months