

# Weekly Goal Setting



When setting goals, I recommend using the 1-2 OR the Jab Cross approach to you clarify what it is you want to achieve and how you are going to do it. Make sure your goals are set using a SMART principal.  
Have you heard of the SMART goal setting process?

## Specific Measurable Achievable Relevant Time-bound

Before I ask you to set your goals let's first look at Why Set Health and Fitness Goals?

### Why Set Goals?

Looks or Performance?

The common theme for most people is that they are 'getting fitter, more toned or stronger' to either look better or improve performance.

Think about for a second. Are you exercising to looks or performance?

Your first response to that question is ultimately what your Outcome goal needs to be aiming towards. If your answer is looks, then you'll be aiming at achieving weight loss, reduction in body fat, toning up and generally feeling better when you look in the mirror. And maybe a little part of you wants approval from others and that's okay.

If you answer Performance, you will be aiming at achieving personal bests in follow-up tests with your coach and amongst your peers to demonstrate you deserve selection and can be competitive. Once you have made that decision it's time to move on to the 2 steps.

#### Step 1: Jab - Set a SMART Outcome goal

Keep it simple by setting a goal that is objective and is identifiable as either achieved or not achieved.

The result is then a black or white. You either succeed or you don't.

I'd recommend following a simple SMART process to set an Outcome goal you can achieve by the end of the first 7 days.

### Type in Below

Carefully thinking about them, writing them down, doing the work and then revisiting your smart goal which you tick off as having achieved is an important step for creating long-term success. Outcome goals focus strictly on success. However, when it comes to the goal setting process, I would suggest adding in stage based and controllable goals which are called Process goals with your outcome goal plan.

#### Step 2: Cross - Make it Tangible!

Write down how you are going to achieve the Outcome goal by setting Process Goals.

Use the SMART process to help you achieve your overall Outcome goal.

Description	Healthy Eating			Physical Activity		
Specific: What you want to accomplish (Who, What, Where, Why)						
Measurable: How will you demonstrate and evaluate the extent to which the goal has been met?						
Achievable: What is the action-orientation?						
Relevant: How does the goal tie into your key responsibilities? How is it aligned to objectives?						
Time-bound: Set 1 or more target dates, the "by when" to guide your goal to successful and timely completion (include deadlines, dates and frequency)						
How confident are you that you can reach this goal over the next 7 days?	1	2	3	4	5	6
	Not Confident			Very Confident		