

28 DAY FITNESS CHALLENGE



GOAL SETTING GUIDE

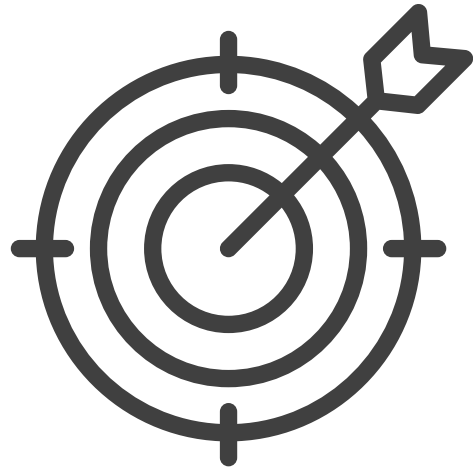
DAN REMON B. HMSC

Welcome to

YOUR

28

DAY



Goal Setting Guide



DANIEL

Name: _____ Age: _____

STEP #1:

Get READY!

1. What do you WANT in life, but don't have?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

2. What do you HAVE in life, but don't want?

These are the things that cloud your mind, take up time, aren't supporting you or add stress without a sense of reward.

What's most important to you in life? My Top 3 Priorities are:

1. _____

2. _____

3. _____

Where do you want to be in 10 years?

It's about you 10 years from now. Think about the big picture - where do you want to be? How do you want to look? How do you want to feel? Be realistic but also inspired. Think POSSIBILITY not probability. Take a moment to really visualize what will your life (personally and professionally) look, feel, and be like.

SMARTER GOALS

Want to learn the DIFFERENCE between achieving and not achieving your goals? Make sure you spend the time investing in your SMARTer goal plan. This is the DIFFERENCE.



I have redeveloped the traditional SMART goal plan to make it even more effective. This is the only SMARTer Goal System you need to give you a precise, detailed, and effective goal plan.

S SPECIFIC

M MEASUREABLE

A ACTIONS TO BE TAKEN

R RESOURCES REQUIRED

T TIME FRAME

E EVALUATE

R REVIEW OR REPEAT

SMARTER GOALS

SPECIFIC –
Be laser targeted with your goal

MEASUREABLE –

How will you be able to measure your success?

ACTIONS NEEDED

The Specific actions you need to take.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____





RESOURCES REQUIRED

Support, gyms, motivation, post it notes, dream body pic etc.?

TIME FRAME

Keep it specific to this program. You can elaborate in Phase 2

EVALUATE

Evaluate often. Weekly, monthly, quarterly

REVIEW OR REPEAT

if you are on track and achieving, REPEAT. If you are not achieving the desired outcome, modify your plan and implement.

STEP #2:

Get READY!

A. If you did nothing else, what 3 things would make this program an absolute SUCCESS?

1. _____

2. _____

3. _____

B. What outcome are you looking for? WHY do you want it? What are the BENEFITS?

1. _____

2. _____

3. _____

C. WHEN will you achieve it by?

A date to aim for & inspire you, not beat yourself up with

1. _____

2. _____

3. _____

D. HOW will you know you've achieved your goal? What and how can you measure it?

1. _____

2. _____

3. _____

Who's on my **TEAM?**

(My Help & Support: Friends, Family, Fitness Buddies, Co-Workers, etc.)

1. _____ HOW can they help? _____
2. _____ HOW can they help? _____
3. _____ HOW can they help? _____

Success Accelerators

What can I start doing or stop doing, do more or do less that will help me achieve my goals faster?

1. _____
2. _____
3. _____

Smashing Obstacles

What could get in the way? From previous experience what do you need to change?

1. _____
2. _____
3. _____

What is **DIFFERENCE** that will make the **DIFFERENCE**?

1. _____
2. _____
3. _____

STEP #4: On-Target Checks

If you were to score yourself from 1 to 10 on how likely you will be to achieve your goals, what would it be? _____ / 10

* When your score is an 8 or more - Congrats! You have a plan!

* If your score is LESS than an 8, ask yourself what obstacles will get in your way from achieving your goals. List them out and then create a plan on how to overcome those obstacles!

Signed and dated:

Date:

I am **committed**
to achieving
these goals in
the next
28 days!

