

# S

## SPECIFIC

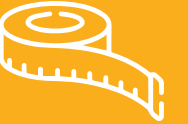
When setting your goals, be sure to make them specific - what exactly do you want to achieve? The more specific you are when setting your goals, the more likely you are to stick to them!



# M

## MEASURABLE

How are you going to measure success? By finding a way to evaluate your goals, you will be able to see if you're on track, or if you need to re-adjust. A great way to set measurable goals is to complete your Fitness Test and InBody Assessments!



# A

## ACHIEVABLE

You can do anything you set your mind to - but you'll get there one step at a time. Setting goals that are challenging but attainable helps make sure that you don't get overwhelmed or discouraged, and can keep moving towards the finish line!



# R

## RELEVANT

Too often, we get so caught up in what we 'should' do, that we lose sight of what's important to us. By setting goals that are relevant to our desired end result, we can ensure that we stay on-track and align our actions with what we'd like to achieve.



# T

## TIMELY

Setting a time frame for each of your goals will help you stay focused and working towards your desired result. By having an established time in mind, you will be more likely to stay motivated and stick to your plan.

