Journal and Set Goals

While you are journaling you’re eating habits you need to do the same with your physical activity. Things to write down include when you exercise, how long you exercise, and how you feel. You need to plan and to do that you need to set effective goals for good nutrition and exercise programs. Therefore your goal setting should be “SMART” goals.

S= Specific-The goals must be specific on what you want to accomplish.

M=Measurable-The goals must be measureable so there is no question on your success. Examples might be body fat percent, number of pounds, or maybe train for a fun run.

A=Attainable-The goals must be attainable, not too difficult or to easy. Easy goals will not challenge and difficult goals will frustrate.

R=Relevant-The goals must be relevant or pertinent to one’s interests, needs, and their abilities.

T=Time-bound- The goals must be time-bound with specific deadlines for completion.

You will find a copy of SMART goals worksheet to use to set your goals on My KLGR website and click on the RACC One Step Challenge.