

Coaches Corner

Exercise Goal Crafting

Start with the end in mind-think of why you believe exercise is something YOU want to do. What will it give you, how is that important? How will it impact how you move through your days? (it is helpful to write this down-it doesn't have to be long)

Visualize it-especially when you are feeling some resistance, but any time is great.

Visualize yourself following through, feeling good about doing so. Imagine yourself moving with greater ease, speed, endurance. If you exercise outside, imagine enjoying being there, in the sunlight, feeling a breeze, enjoying nature. Sense an improved posture, better sleep, better mood.

Post a picture of yourself or someone else who looks the way you want to feel, or who is doing the thing you want to do (running, riding a bike, hiking etc). Post it in a place you will see often (on your bathroom mirror, on your computer monitor, on your cell phone screen).

Start with a goal where you can enjoy success but still enjoy some **challenge, stretch** yourself a little. I like to encourage creating your goal, and including a Bare Bones Minimum (for when life gets in the way of your plans)

Be **SMART-ER** (Specific, Measurable, Actionable, Reasonable, Time sensitive, then plan to Evaluate, and Revise)

Here is a sample goal:

I walk for 2 miles at the park 3 days this week (M-W-F). I will meet my friend Sandy after work at 5pm at the park. (if the weather is bad, I will....) I will take an after work snack, a change of clothes and my sneakers and my water bottle and have them in my car. I have put these appointments in my planner. I will remind myself by setting an alarm on my phone.

BBM (Bare Bones Minimum)-If something comes up that interferes with my plan on a given day, I will at least spend 10 minutes walking in the parking lot before I leave work.

I will write my time/distance walked in my planner.

Review date in planner-1 week from today. I will revise or progress my goal as needed.

Potential Obstacles or Barriers:

How can I handle them?

Potential helpers/resources?

Coaches Corner

What's Your Goal? You can have more than one goal, but 3-4 is enough. Choose what you want to prioritize.

I will (what you plan to do)

Frequency _____ When _____ Duration _____

Reminder _____ Tracking _____

Review Date _____

Bare Bones Minimum _____

I will (what you plan to do)

Frequency _____ When _____ Duration _____

Reminder _____ Tracking _____

Review Date _____

Bare Bones Minimum _____

I will (what you plan to do)

Frequency _____ When _____ Duration _____

Reminder _____ Tracking _____

Review Date _____

Bare Bones Minimum _____