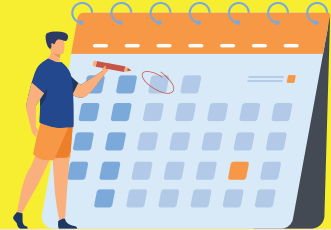


SET YOUR FITNESS GOALS THE SMART WAY

The first move in your fitness journey starts with having an end goal in mind. Goals show you where you need to be, and how you're doing at every step. So, let's begin here.



SETTING YOUR GOALS WITH SMART

Using the SMART framework helps you identify goals that are clearly-defined, achievable and keep you on track.

S

SPECIFIC

Set clearly-defined goals that you can keep track of easily.

M

MEASURABLE

Quantify your goals by using measurements such as “30 minutes”, “2 days a week”, “2kg”, or “8 reps”. This can help you track and monitor your progress along the way.

A

ATTAINABLE

Set realistic, safe goals that are manageable. Break down your long-term goals into short-term ones that serve as your milestones.

R

RELEVANT

Work towards something you care about. Having a strong reason to become active will keep you going.

T

TIME-BOUND

Set a time frame to work towards. It can help create an urgency that serves as an extra push!

YOUR LONG-TERM GOALS

Using the SMART framework, set long-term goal(s) that you aim to achieve in the next three to six months. Write your goal(s) in the blank box below.

e.g. In 3 months, I will run 1.5km in under 15 minutes, 3 times a week.

YOUR SHORT-TERM GOALS

To reach your long-term goal, it helps to break it up into smaller, more achievable goals. Start with a small amount of physical activity, then gradually increase the frequency, intensity and duration over time. Set weekly targets to keep yourself on track and motivated.

Remember to keep your goals SMART! Let's get started by writing down your goals.

MONTH 1

WEEK 1 *e.g. Brisk walk 800m in 15 minutes, 2 days a week*

WEEK 2 *e.g. Same as Week 1*

WEEK 3 *e.g. Brisk walk 800m in 15 minutes, 3 days a week*

WEEK 4 *e.g. Same as Week 3*

MONTH 2

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 4

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 5

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 6

WEEK 1

WEEK 2

WEEK 3

WEEK 4



Aim to meet the recommended minimum of **150-300 minutes** of moderate-intensity aerobic physical activity and **at least 2 days** of muscle-strengthening activity weekly.