


Goal Log	Start Date: 01/03/24	End Date: 07/07/24	
Name: Johnson Smith			
<p>Short Term Goals: Run 5km in an hour, lose 5lbs, increase bench press by 2.5lbs</p>			
<p>Long Term Goals: Run a marathon, lose 25lbs, increase bench press by 15lbs</p>			

S.M.A.R.T. Goals (Are my goals...)

Specific	Be as detailed as possible. Instead of saying "I want lose weight", say "I will lose 5 pounds". Break larger tasks into smaller ones. For instance, instead of saying "I will exercise more", say "I will do 20 minutes of cardio on the treadmill, 3 times a week."
Measureable	Establish clear guidelines you will use to mark improvement or advancement toward your goals. Things like losing weight, faster run times or increased repetitions can all count as measureable outcomes.
Action-Orientated	Describe your goals in terms of the exact actions you will take in order to succeed. "I will get up 20 minutes earlier and go for a jog before work every second day", is much better than "I will lose weight by jogging."
Realistic	Goals need to be achievable, otherwise they may have the complete opposite effect. Therefore it is important to set both realistic and challenging goals. "I will lose 100lbs in a month" is NOT a good goal, "I will lose 10lbs in a month is".
Time-Bound	How much time will be required to reach your goals? You have to ensure that the timeframe isn't too far away that you lack the motivation to work now or too close and therefore, you don't have the time needed to achieve it. You want your goals to be difficult but realistic, while also allowing for unforeseen obstacles and roadblocks.

Forseeable Challenges:	I love to eat chips and junk food. I also eat takeout 2-3 times a week. I'm not motivated in the morning to workout and in the evenings I'm too tired.
How I will address Challenges:	I'm going to hire a nutritionist to help me better plan out my meals. I'm also going to prepare my breakfasts/lunchs the night before to give me more time in the morning to workout so I don't have to do it in the evening. I'm going to look towards my family and friends for motivation.

Comments & Notes:

I have a hard time sleeping at night. I am going to try some mindfulness exercises to help me fall asleep.