



Are your body transformation goals **S.M.A.R.T** ones?

Trainer Dave has put together the following goal guidelines to help assist you in planning your body transformation so you reach your goals.

1. **Specific:** Your goals must be very specific and acute. "I want to lose weight" is not specific. An example for women is "I'd like to go from a size 12 to a size 8 by 2 weeks of my wedding date!" An example for guys would be "I'd like to move from a 36 waist jeans size to a 32 waist jean size in 12 weeks from today."
2. **Measurable:** This one's a no-brainer. A lot of people hire me or read my e-newsletter to "get fit" or "improve my health". Great, but you can't measure "fitness" or "health" directly. Specific goals are measurable by definition. You know your body is improving if your waist measurement and abdominal measurements decrease. Progress needs to be measurable. And your measurements will provide you with the kind of feedback you need to make adjustments as you proceed with your program.
3. **Attainable:** Be honest with yourself about what you can reasonably accomplish at this point in your life - along with taking into consideration your current responsibilities. Knowing that if your diet is perfect and you make time to exercise each day you COULD lose 2 pounds a week, at this rate is there enough time between now and your goal date to reach your goal weight/size? If not re-examine your time line and adjust your goal.
4. **Realistic:** Your goals need to be rooted in reality. If you're five feet tall and weight 180lbs, it's okay to dream about being 105lbs and a size 0 at your wedding in 6 weeks, but that goal is at odds with where you are now. Weight loss goals should never be more than 10% of your current body weight if your goal date is less than 12 weeks away. Is this realistic if you've never tracked your calories and exercised before? Which leads us to our final goal objective...
5. **Time-Sensitive:** Having a time frame attached to your goals is important. You should allow yourself a minimum of 12 weeks if you are going to aim for a weight loss of 20 pounds or more. Add a week of training and dieting for each 2 pounds you want to lose over 20lbs. For example, if your current weight is 180 and you want to weight 150 by your goal date, simply subtract 150 from 180 ($180-150 = 30$) then divide the result by 2: $30/2 = 15$. It would take you 15 weeks to lose 30 pounds IF your diet is perfect and you are exercising.

Use the **S.M.A.R.T** Goals worksheet on the other side to formulate your body transformation goals for 2011.



S.M.A.R.T GOALS WORKSHEET

1. Today's Date is: _____
 2. My Goal Date is: _____
 3. How many weeks are between today and my goal date? _____
 4. If I lose 2 lbs. a week how many pounds can I lose by my goal date?

- (# of weeks in question 3 X 2lbs. = _____ lbs weight loss possible)
5. Below is an example training schedule according to your goal date. Since June is the ceremonial start of summer I will use that as the example:
 - Goal Date: June 2nd - Training Start Date: March 3rd
 - Goal Date: June 9th - Training Start Date: March 10th
 - Goal Date: June 16th - Training Start Date: March 17th
 - Goal Date June 23rd - Training Start Date: March 24th
 - Goal Date June 30th - Training Start Date: March 31st

If you start adjusting your diet and exercising by the training start dates that correspond with your goal dates you should have plenty of time to reach your weight loss goals of losing 20 lbs. If you want to lose more, you'll need to be more strict with your diet and more intense with your exercise or add a week for each 2 lbs. of weight loss you are planning.

If your goal is NOT about weight loss, and you are having a hard time creating a SMART goal here are some examples to guide you:

- A) **Problem Areas: Abs** – I want to reduce my girth (abdominal measure around the belly button) by XX inches in XX Months.
- B) **Strength: Bench Press** – I want to increase my one rep max by 10lbs by March 31st.
- C) **Endurance: Running** – I want to be able to run 3 miles on the treadmill in 30 minutes by February 28th.

Specific
Measurable
Attainable
Realistic
Time Sensitive

Write Your S.M.A.R.T Goal here:

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