



## Achieve more by making your goals SMART

To make your path to success more attainable we are going to take you through a process of making your goals SMART.

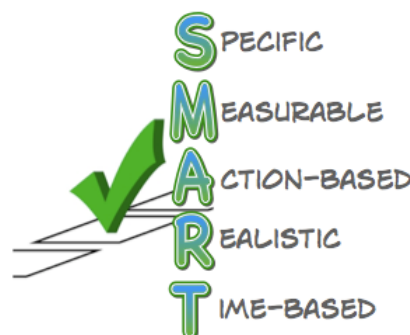
**SMART** stands for Specific, Measurable, Action-oriented, Realistic and Timed.

So what we will do is have you take the goals you detailed on your registration form and SMART them below.

Have fun and let your creativity fuel the process!

For example if your goal was to lose weight, we need to know if you want to lose fat only or you need to lose a combination of fat and also body tissue (in order to drop a few dress sizes losing muscle too is often the case).

Let's take an example of a 160lb person who wants to lose weight.



<b>Specific</b>	Write the details of what your goal will look and feel like when you get there. Instead of "lose 20 lbs", write - <b>"I am happy that I am 140lbs"</b>
<b>Measurable</b>	Write how YOU can <b>measure</b> along the way your progress toward achieving this goal. (This might be how your clothes feel, scale in the bathroom, pictures)
<b>Action-Oriented</b>	Write what you can and are willing to DO to make this happen. Write the actions that you WILL take.
<b>Realistic</b>	You must be at a 9-10/10 for how motivated & determined you are to reach this goal otherwise you are not ready.
<b>Timed</b>	Write your deadline for achieving this goal here, it helps to have a more emotional reason to achieve this goal (such as a wedding, vacation, photo-shoot, competition, try-outs etc)

So use the table above and recreate your own SMART plan and email it to us at

Thanks and congratulations on taking another step forward toward your goal.

