

2019 Fitness Goal Planner

BRAINSTORMING SPACE

This space is for you to get started. Use this area to brainstorm different ideas – goals you’ve always wanted to accomplish, dreams from your bucket list, define what ideal health looks like to you, or write about how you would like to feel compared to how you feel now.

PROMPTS

These prompts further enhance the brainstorming process. The idea is to help you think through many different elements to dig deep and discover what it is you truly want. Hopefully you’ll discover some of your deeper desires and be able to hone in on the most important goals for the year.

2019 FITNESS GOALS

Use your brainstorming ideas to narrow your focus and determine big, concrete goals for the year. Compare each goal with one another to make sure you will have adequate time to accomplish them all (for example, if one of your goals is to run a marathon and another is to complete a triathlon, you might not have time to train for both of them in one year). Maybe you want to complete a half marathon, lose 20 pounds, gain muscle mass, join a sports team, improve your nutrition, etc. Write down up to 5 main fitness goals for the year here.

THE SPECIFICS

Here is where you break down each of your goals and really get nitty gritty with the details. For example, if one of your goals is “to lose weight”, decide specifically how much weight. Setting a numerical goal helps narrow your focus. If your goal is “to get in better shape” identify what this looks like to you – does this mean you’ll be able to run a mile

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without stopping, walk up the stairs without breathing heavily, run a half marathon, do 20 push ups, or increase your muscle tone? After you've determined specific circumstances, set a goal date by which you'd like to accomplish your goal. If you are setting New Year's Resolutions, it's okay to make your end date 12/31.

2019 Fitness Micro Goals

Completing this step each time you goal set will set you up for success. Here is where you break down each big, macro goal into smaller micro goals to set up checkpoints for your progress along the way. Try creating a list of 5-10 micro goals that you will accomplish throughout the process of working towards your big, macro goal. For example, if your macro goal is to complete a half marathon, some micro goals might include signing up for a race, finding a training plan, completing your first training run, completing your first double digit long run, etc.

Goal Timeline

This final step will help you create a timeline to determine when each micro goal will need to be accomplished in order for you to achieve your big, macro goals. To begin, write the date by which each goal will be accomplished in your calendar. Then, working your way backwards, begin to record each micro goal in the appropriate month for which it will be accomplished. You'll be able to use this calendar to check in with your progress throughout the way, helping you stay accountable and avoid putting something off until it is too late. For example, if I signed up for a half marathon in October, I would write this down in the calendar and then back track to June, to write down that training will begin. In May, I would likely record a micro goal of selecting and printing my training plan.

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BRAINSTORMING SPACE

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PROMPTS

In my dream world I would be able to:

One fitness activity I've always wanted to try:

If I knew I couldn't fail, I would try:

How will I feel different if I accomplish my goals:

What is different this time versus previous failures:

What inspires me to work towards these goals:

What is the time frame in which I wish to improve my fitness:

How will I reward myself when I've accomplished my goals:

How will I keep track of my progress:

How will I know when I've accomplished my goals:

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2019 Fitness Goals

1. _____

2. _____

3. _____

4. _____

5. _____

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THE SPECIFICS

GOAL 1:

- SPECIFICALLY,
- ACCOMPLISHED by

GOAL 2:

- SPECIFICALLY,
- ACCOMPLISHED by

GOAL 3:

- SPECIFICALLY,
- ACCOMPLISHED by

GOAL 4:

- SPECIFICALLY,
- ACCOMPLISHED by

GOAL 5:

- SPECIFICALLY,
- ACCOMPLISHED by

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2019 FitNeSS Micro Goals

Goal 1

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Goal 2

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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GOAL 3

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

GOAL 4

- 1.
- 2.
- 3.
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- 8.
- 9.
- 10.

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Goal 5

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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Goal Timeline

January	February	March	April
May	JUNE	JULY	AUGUST
September	October	NOVEMBER	DECEMBER