

Having realistic and achievable goals is the most important step to any program success. Really be thoughtful about your answers, write them down and keep them handy when you're struggling.

Goals Short-term: Month 1

The first four weeks of your plan is incredibly important to your long-term success. If you can make a habit now, you'll be more likely to stick with it. Set goals that are realistic and time-constrained, focused more on habit-forming than overwhelming results. An example might include: "Attend boot camp classes Mon, Wed and Fri and yoga on Sat mornings. Increase weights or reps once a week during this month." Or "Learn and understand the basics of counting macronutrients and nutrition, so I understand what my body needs in order to produce long-term results"

Goal #1

Goal #2

Goals: Month 2-6

These are still considered short-term goals. At this point you can start focusing on the long-term results, but with short-term goals in mind. For instance, you might have the goal: "I want to lose 3 percent body fat by Spring Break by working out five days a week"

Goal #1

Goal #2

Goals Long-Term: 6 Months

Long-term goals are what you see for yourself in the future. They're what you ultimately hope to achieve, and while there does need to be a time-constrained on them, the steps to achievement don't need to be spelled out as much as those are included with the short-term goals. An example might include: "Achieve and maintain a healthy body fat percentage by the end of the summer."

Goal #1

Goal #2