

USING THE SMARTER PRINCIPLE

	DESCRIPTION	GOALS	EVALUATION NOTES
S pecific	<i>Write a specific goal.</i>	To reach 220lbs by the end of June 2009.	
M easurable	<i>Have multiple ways to measure your progress.</i>	I will be having weekly weigh-ins and taking monthly progress photos along with taking body measurements; waist, hips, chest, biceps, legs. Also measuring body fat with body fat calipers.	
A chievable	<i>Make sure that your goal is in the realm of possibility.</i>	From my start date (9/2/09) until my goal deadline there are approximately 20 weeks. Which will make it possible for me to reach my goal weight of 220lbs or even exceed it.	
R esponsible	<i>Remember family, friends, and other responsibilities that you have.</i>	I have moved all my workouts around from last year and now I workout Tuesday & Thursday evenings for about 60 min and then I have a Saturday morning workout at 6am before my family wakens. From 4pm to 8pm on Mon & Wed and then all day Saturday and Sunday are for my family. My studies are done in the mornings between 4am-6am Monday to Friday.	
T argeted	<i>Don't be as useless as an archer without an arrow.</i>	<p>Mon = Morning Jog Tue = Strength Training Wed = Morning Jog Thu = Strength Training Fri = Morning Jog Sat = Strength Training Sun = Full Days Rest.</p> <p>Focus : 20%-30%</p> <p>Following a balanced nutritional program that promotes fat burning.</p> <p>Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3</p> <p>Focus: 70%-80%</p>	
E mpowering	<i>Your goals should be fun and challenging to achieve. You should be feeling, stronger, faster, slimmer, etc.</i>	<p>For me this is challenging, engaging and relevant.</p> <p>I am always learning, I have realistic goals and I am making steady progress.</p> <p>This journey is so empowering and is strengthening me in more ways than one.</p>	
R evisable	<p>Review your goals every now and again.</p> <p>You may become stronger and need to make your goals more challenging, or maybe less challenging.</p>	This goal will be reviewed and revised on June 30th 2009 this is also my goal deadline.	

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