

## My Goal Setting Worksheet

<p><b>My goal* is:</b> Set a SMART goal: <b>Specific:</b> <del>I want to get fitter</del> → I want to increase my rowing speed <b>Measurable:</b> <del>I want to row faster</del> → I want to row 6km in 30min <b>Attainable:</b> <del>Set a new world record</del> → Improve by 10% <b>Relevant:</b> This goal is important to me because... <b>Time Bound:</b> I aim to achieve this goal by [a specific date]</p>	
<p><b>My current reality is:</b> How far are you from your goal? State in positive terms e.g. <del>I can't do 6k in 30min</del> → I can currently do 6k in 35min</p>	
<p><b>I have (or will have) the following resources available to me:</b> space/equipment/etc</p>	
<p><b>I have the following limitations:</b> time/space constraints; physical limitations</p>	
<p><b>I am willing to make the following commitments/sacrifices:</b> e.g. how much time/money/energy can you set aside to pursue this goal? Where are these 'extra' resources going to come from? There's no free lunch.</p>	

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\* If your goal mostly concerns weight loss. Please understand that [diet is a much larger factor than exercise](#) for weight loss. For this reason, we will be somewhat limited in the extent of advice we can provide. You should speak to a dietitian/nutritionist instead.

## With the above in mind, my plan is:

Again, be specific and detailed.

- ~~I will row once a week and do strength training once a week~~ → week 1 row \_\_\_\_ m at \_\_\_\_ pace on Monday 7pm, \_\_\_\_ squats & \_\_\_\_ sit-ups on Wednesday 5am; week 2 .... ; week 3....
- Plan the dates and times of your workouts, and put them in your calendar.
- Do include time for maintenance work (stretching, mobility, massage, etc)
- Build accountability into your plan – leave enough space to record whether you managed to complete each workout, what the results were, and any other remarks.