

# Getting Started: Fitness

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Keep your fitness goals on track with **My SMART Goal Sheet**, **My Activity Calendar** and **My Activity Log**.



Here's how:

- 1. Set Personal Goals.** Use the My SMART Goal Sheet to set goals that are specific, measurable, achievable, relevant and timely.
- 2. Plan Your Activity Calendar.** Make a plan to keep active every day. Focus on fun by trying new activities.
- 3. Record Your Progress.** Keep a record of your activities every day.

Review your plan in more detail with a personal trainer.

Call **1-800-SCRIPPS (1-800-727-4777)** to schedule an appointment.

\*Always consult your physician prior to beginning an exercise program. This activity program may not be appropriate for everyone, talk to your doctor about what types of exercises are safe for you.

\*\*This calendar is intended to be an example of how to incorporate activity and goal setting into your daily routine. Activities may be modified and adjusted according to individual goals, baseline fitness levels and personal schedules

# My SMART Goal Sheet

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TODAY'S DATE: \_\_\_\_\_ TARGET DATE: \_\_\_\_\_ START DATE: \_\_\_\_\_ DATE ACHIEVED: \_\_\_\_\_

GOAL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Verify that your goal is SMART:**

**S**pecific: What exactly will you accomplish?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**M**easurable: How will you know when you have reached this goal?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A**chievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**R**elevant: Why is this goal significant in your life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**T**imely: When will this goal be achieved?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# My Activity Calendar

MONTH: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Friends &amp; Family</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Build Strength</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Change it Up!</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Keep Moving</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Friends &amp; Family</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Build Strength</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Change it Up!</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Keep Moving</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Friends &amp; Family</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Build Strength</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Change it Up!</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Keep Moving</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Friends &amp; Family</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Build Strength</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Change it Up!</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Focus on Fitness</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Keep Moving</b> <input type="checkbox"/></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Friends &amp; Family:</b> Make physical activity fun and rewarding by making at least one activity a week social.</p>	<p><b>Focus on Fitness:</b> Use these days to focus on an activity you identified in your SMART Goal Sheet.</p>	<p><b>Build Strength:</b> A few strengthening exercises a week will help you stay strong and independent.</p>	<p><b>Focus on Fitness:</b> Use these days to focus on an activity you identified in your SMART Goal Sheet.</p>	<p><b>Change it Up!:</b> Try a new activity at least once a week, such as yoga, Zumba or swimming.</p>	<p><b>Focus on Fitness:</b> Use these days to focus on an activity you identified in your SMART Goal Sheet.</p>	<p><b>Keep Moving:</b> Spend extra time cleaning your home, gardening or shopping or washing your car.</p>

# My Activity Log

WEEK: \_\_\_\_\_

DATE	ACTIVITY	WORKOUT COMMENTS: