

The Dreary But Necessary Business of Setting Goals

While an ideal goal sheet looks like a step-by-step guide to prepare for some big event reality will more than likely prevent this. Changing your lifestyle is a challenging task that forces you to really think about the decisions you make. Making your unconscious thought conscious is the first step in making long lasting changes. Remember this acronym when setting goals: S.M.A.R.T. Your goals should be very Specific...The more specific your goals are, the easier it will be to tell if you are on track. Measurable.. Attach specific quantitative numbers to your goals that you can actually measure, this makes your goals more objective. Attainable.. You know what your limitations and obstacles are, make sure your goals are within your reach. Realistic.. Your goals should also be sensible. It is not healthy or sensible to expect to loose 15 lbs in 30 days. Timely.. Putting a time limit on your goals forces structure and a sense of urgency. It also allows you to reflect back on great things that you have accomplished to keep you motivated.

MY GOALS

1)

2)

3)

4)

5)

"People with goals succeed because they know where they are going. It's as simple as that."

- Earl Nightingale

Establishing a Base

Everyone has to start somewhere writing down your starting stats allows you to maintain an objective and measureable number to your progress.

Age:		Date	Date	Date
Height:	Weight			
Max HR:	BIA			
60%:	Chest			
70%:	Abs			
80%:	Hips			
	Thigh			
	Arm			

Get a Heart Rate Monitor

We are nuts on this subject but only because it makes your workouts so much more interesting and effective. We know you hate the idea but go get a heart monitor and put it on. **It will keep you honest and motivated.** You can find them at any local sports store and whether you get the top of the line or the cheapest model, it doesn't matter you just need something to measure beats per minute and calories spent. That is the simplest, most reliable way to tell how hard you are working out.

A heart monitor will also allow you to track your workouts in terms of "percent of maximum heart rate." Figuring your max heart rate (HR) is simple, just subtract your age from 220 and you've got the formula for your maximum heart rate. Okay, now it's time for some third grade math: figure out 60 percent of your max (pull out a calculator multiply your maximum heart rate by 0.6.) Write that number down. Better yet, memorize it. And remember this: *it is the sacred borderline between working out and fooling around.*

FINDING YOUR AEROBIC LEVEL

Level I: Over time, you will want to vary your aerobic workouts. Some days you'll want to tool comfortably along at the 60 percent level, which we will call Level I or "long and slow." At that pace, you'll burn fat and build an aerobic base. This level should be long in duration (over one hour) and should be done on **MOST** days of the week.

Level II: When you're into it, you'll want to spend twenty to forty minutes at Level II, which is 70-85 percent of your max. Make sure you warm up for five minutes first, and cool down for five minutes afterwards. And sorry, neither the warm-up nor cool-down counts as part of those twenty to forty minutes.

Level III: For those of you are already in good shape and want to push the envelope, you may want to think about interval training, sprinting, high intensity weight training, and so on. But this is not for the faint of heart and it's recommended to be under the supervision of a professional personal trainer when you decide to take your work-outs to this level.

Keeping Track of Weight Work

Lifting weights is the single most important thing you can do to resist bone loss, help prevent injury, and boost your metabolism in to high gear. If that's not enough motivation: who wants to have the muscles of their youth turn into the dusty drapery of old age? So, hit the weights! For most people, 2-4 days of weight training per week is enough – your muscles need a day or even two to recover from a serious weight session, if you don't rest between sessions it's all teardown and no build up.

Doing thorough strength workout should include all components (lower body, core and upper body) Most people benefit from keeping a list of the different exercises they do and the weights they use. This allows you and your trainer to better design a program that will continue to challenge the muscles in different ways. Make sure to concentrate on good form, and listen to your joints instead of your muscles. Muscle soreness is to be expected, while pain in joints should be brought to the attention of your personal trainer. And in the long run, everything will feel better because of strength training.

Keeping Track of Food

In case you didn't already know, which you probably did, allow us to put into writing the most important rule when it comes to food: **Quit Eating Crap**. Take a moment to absorb that thought, and then realize that tracking what you eat (and how much of it you are eating) is probably the best way to avoid the bad stuff. It's also a great way to keep from overeating. Make sure to track booze and wine, if you drink, because you've got to track portions there too.

Make a list right now of the crap you love... your own Top Ten Foods to Avoid. Be honest! Doing so will make this list more effective as it will be a constant reminder to yourself.

THE FOODS I NEED TO AVOID
1)
2)
3)

4)
5)
6)
7)
8)
9)
10)

As sailors have known for thousands of years, keep a good log and you stand a radically better chance of getting where you want to go. If you find yourself missing days, write less, but **write something every day.**

No matter what.