

## Fitness Smart Goals Template

**Specific:** Define exactly what you want to achieve in your fitness journey. Be clear and precise.

**Measurable:** Establish criteria to measure your progress. Quantify your goals whenever possible.

**Achievable:** Ensure that your goals are realistic and feasible given your current circumstances and capabilities.

**Relevant:** Your fitness goals should align with your overall health and wellness objectives.

**Time-bound:** Set a deadline for achieving your fitness goals to create a sense of urgency and accountability.

Here's an example of how you could fill out the template:

**Specific:** I want to lose 10 pounds of body fat and gain muscle mass.

**Measurable:** I will track my progress by measuring my weight and body fat percentage every two weeks using a body composition scale. Additionally, I will track my strength gains by recording the weights I lift during my strength training sessions.

**Achievable:** Based on my current lifestyle and commitment level, losing 10 pounds of body fat and gaining muscle mass is achievable within six months.

**Relevant:** Improving my fitness and body composition is relevant to my overall goal of leading a healthier lifestyle and feeling more confident in my appearance.

**Time-bound:** I will achieve my goal of losing 10 pounds of body fat and gaining muscle mass within six months, with progress checkpoints every two weeks.