



EFS PERSONAL TRAINING

Energize Tips

Setting SMART Goals

A good way to keep yourself consistent in your workouts is to set goals for yourself. These goals shouldn't be random and vague. Goals should be simply written and should clearly define what you want to do. S.M.A.R.T. goal setting brings structure and trackability into your goals and objectives.

Specific- Make your goal as specific as possible. You don't just want to 'lose weight', you want to 'lose 10 pounds'.

Measurable- Know where you are starting so you can know when you've reached your goal.

Attainable- Has someone achieved this before?

Realistic- Is losing 10 pounds something I can realistically accomplish? Yes!

Timely- Give your goals an end date in order to keep on track.

<https://youtu.be/OcpJdKkvv6c>