



2018 Fitness Planning Worksheet

Great job on taking the time to download this worksheet and work on improving your fitness, health and well-being in 2018!

This worksheet is designed to be done in combination with the 10 videos to help give you an understanding of the main areas that need to be considered when making a real fitness change.

Fitness results are HARD! Less than 10% of people who join a big mainstream gym will achieve results!

With the right approach you will be part of the 10% who DO get results.

Work through this worksheet and just write down whatever you think is the right answer the first time around. You can come back later to edit or review, but initially you just want to get it done.

Whilst this worksheet gives you a good starting point, it is important to continuously come back and review where you are at with your fitness. Your circumstances will change over time so you will have to alter your goals and actions.

Part 1 – WHAT AND WHY

Where are you now with your fitness? – Both in numbers (weight, bodyfat etc) and feeling (feel out of energy, feel incapable, feel good etc)

Where would you like to be with your ideal fitness? Weight, measurements etc (Don't be afraid to make this a lofty vision, it could be years away but it is your IDEAL level of fitness)

What would you like to FEEL with your ideal level of fitness?

Part 2 – GOAL SETTING

Goal setting helps to narrow down the motivations behind why you want to improve your health and fitness. Goals help us to ensure we are progressing with our health and fitness goals. When setting goals a good principle to follow is the SMART goals principle. These are goals that are Specific, Measurable, Achievable, Realistic, and Timed. These goals will be looked at with Daniel and then factored into your training program.

Specific – This means that it is about a narrow target, 'getting in shape' or 'get healthier' is a very general goal which is difficult to track. A goal like 'Lose 20kg' is a very specific goal. Specific goals take away any doubts about what you want to achieve.

Measurable - A goal must be measured; It is no use saying you want to 'lose weight' as a goal it cannot be measured and this makes it hard to track. Bodyweight can be measured very easily and accurately enough.

Achievable - Goals must also be achievable. Take into account lifestyle factors and make sure that the goals you set are going to be manageable for you to work toward. If you have something coming up in the next few months that could affect your ability to train then this must be considered. An achievable goal is one that has a balance of difficulty and realism.

Realistic – A realistic goal is one that is capable of being achieved given your situation. This is similar to being achievable, it must be grounded in reality.

Timing - Ensure that the goals have a timeline, it is no use setting the goal to lose 20kg if there is no timescale for when it will be achieved. It is generally more manageable to use shorter timeframes as the above factors become more difficult the longer out you set the goal.

Other points to remember

Keep goals in a positive focus, what you will achieve rather than what you do not want to do.

Regularly review fitness goals yourself and with your trainer

Always ensure that when you write a goal, you genuinely want to achieve that particular goal, rather than thinking it looks good on paper to achieve it. Be honest with the goals you set as they will be much more likely to be achieved and much more rewarding.

Some examples of good goals are.

'I will walk for 30 minutes 5 times per week'

'I will front squat 100kg in 3 months time'

'I will run nonstop for 5km in 6 months'

What are three goals that you want to achieve that follow the SMART goal acronym:

Part 3 – Barriers

What things have stopped you in the past?

What point in the fitness program did you previously fall off the wagon?

What will you continue to struggle with?

For 3 barriers, write the barrier and a potential solution:

Part 4- Support Systems

What family members do you live with?

How would they be able to help you achieve your fitness goals?

Write down 2 close friends that could help you:

What would these friends do to help you?

Who could be a workout partner for you?

NOW YOU NEED TO ASK!

Have you asked all the people close to you for support?

When you are asking for support, ensure you do it in a serious manner.

Ideally, sit down for 20-30minutes and talk with them directly about what you want help with. This can be tough to do but it is crucial!

Part 5 – Certainty and Discipline

Are you certain you can achieve the result you want? Do you have any doubts about achieving what you want with your fitness?

Certainty is a crucial aspect of achieving results. If you don't believe you can then the chances of success are low!

Be honest with yourself so that you can confront any beliefs you have inside you that are holding you back from achieving fitness success.

Are you disciplined?

What areas do you feel that you lack discipline?

Part 6 – Knowledge

What areas of health and fitness do you know about currently?

What areas do you need to learn more about?

What resources will you use to find out more about these topics?

Part 7 – Food

How many diets have you tried in the past?

What were the long-term results of these diets?

Why did you fall off the wagon?

What barriers stop you from eating better?

What do you need to do to overcome these barriers?

Part 8 – Exercise

What exercise do you currently do?

Have you exercised in the past?

Have you done a proper weight lifting program before?

What are some fears/barriers that you have around weight training?

What exercise do you enjoy doing?

What barriers do you have with exercising?

What can you do to overcome these barriers?

Part 9 – Lifestyle

How well do you sleep day to day?

What could you do to improve your current sleep regime?

Is your work or daily life stressful?

What can you do to mitigate these stresses?

Part 10 – Making an Action Plan

Now that you have looked at all the major areas of fitness you can compress this down to some ACTIONABLE steps that you need to take over the next few months.

The best plan in the world means absolutely nothing if it is not acted upon!

The purpose of looking at many different areas is because fitness and health is made up of many different areas. The best diet will not get you to your goals without an exercise regime. An exercise regime without a good diet will likely leave you without great results. A lack of sleep and too much stress will likely make your overall results poor.

The reality is optimal health and fitness is multi-faceted. Unless you gradually improve all these aspects you will find it difficult to maintain results long-term!

In most cases, fitness is only achieved for a matter of weeks or months. To maintain and achieve greater health, fitness and well-being for years is the goal of Freeman's Fitness.

The more good habits you put in place, the less that can throw you off the path towards your goals. If you are improving all aspects of your health and fitness then you will find that the goals come far easier than if you ignore these aspects.

Have you completed all the earlier parts of the worksheet?

From completing this worksheet, what are THREE things that you need to work on right away? (improving your food intake, exercising more, sleeping better etc)

What ACTIONS will you take for each of these three areas?

Example – if you want to improve your food intake what do you need to start doing NOW to make that happen? Preparing meals for work? Learning more about food?

Write down some actions that will help you narrow down what exactly you need to change.

1 _____

2 _____

3 _____

What unhealthy habits do you need to remove?

What healthy habits do you need to add?

What DAILY things do you need to do to reach your goals in 2018? (Eat 3 healthy meals, drink 2 litres of water etc)

What WEEKLY things do you need to do to reach your goals in 2018? (Working out 3 times a week, preparing food twice a week etc)

How will you make sure you stay on track?

What will you do if you fall off the path?

As I mentioned in some of these topics, you will want to continually revise and renew yourself along the way. Achieving your goals could take months or years! Things will change, and you want to make sure you are giving yourself the best chances of success.

DO YOU WANT HELP?

If you need help to get your fitness sorted in 2018 then simply send me an email to daniel@freemansfitness.com.au or call on 0422 866 874. From there we can work out a time for a call or chat in the gym to plan out your 2018 and see if you are a good fit for our programs.

Not everybody is able to come on board as a client as we have limited places and conditions of training, BUT you will go away with a plan of attack for 2018 and a better understanding of what you need to change to reach your goals!