

Day 2 – Realistic Goal Setting

It is awesome to have the desire to lose all the weight you want and get super fit! That desire is the driving motivation that will get you to make the changes you need in your daily life.

When we finally hit that tipping point we want to do it all at once! I get it and I am not here to say it is wrong to feel that way.

The reality is though that it is going to take time and effort to achieve what you want.

With weight loss, you might lose 3kg or 5kg or 10kg in the first month, but after that?

Well that is where it becomes hard.

Weight loss of 500 grams per WEEK each week is AMAZING when it comes to weight loss!

Don't be sold the lie by people that you can lose 2kg a week or anything crazy like that. You may at first, but if you have 20kg or 30kg to lose, it will take some time.

This is why embedding healthy habits into your lifestyle is CRUCIAL to your longer-term success.

Another major issue with goal setting is thinking like everybody else, making other peoples goals your own!

Magazines, fashion shows, the media in general, facebook and all the rest of the influences around you can make you feel like you have to be doing what they do. These influences can be very embedded and indeed are embedded within our culture.

When you think about your own fitness goals, what is it that YOU want to achieve.

Maybe you want to lose 20kg so you can address some aches and pains. Maybe you want to lose it because you are unhappy with the way you look. There is no real right or wrong in these situations. The important part is that it is your own motivations that you can draw from.

Long term success in fitness and health starts with understanding your true motivations and using them as fuel to keep you going over the long term!

What are your goals? (I want to lose 10kg in 6 months) (I want to squat 50kg in 6 months)

Goals should be

Specific – I want to lose 10kg (not I want to lose weight)

Measurable – I want to squat 50kg (not I want to squat more)

Achievable and Realistic – As mentioned earlier, they need to be something that can physically be done! I want to lose 10kg in 2 months (not I want to lose 10kg this week)

Timed – I want to lose 10kg in 2 months (not I want to lose 10kg sometime)

With these in mind, write down 2-3 of your own fitness and health goals that you want to achieve in the next 6 months!

WHY do you want to achieve these goals?

What motivates you to achieve these? (Friends, family, children, your own internal

What things will you have to change to achieve these goals? (eating habits, lifestyle habits, time management etc)

Do you need a hand getting these answers sorted? Send me an email daniel@freemansfitness.com.au and I can give you a hand.