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Staying With It

Goals:

To succeed with this 12-week program, or any fitness program, you need a vision or goal. Set personal goals, do it for yourself first. The elements of an attainable goal should include a means of measurement and a time frame. We recommend setting two kinds of goals, body composition and performance related. They should be measurable, obtainable, and specific. Here are some examples; working up to 45 minutes of aerobic activity a day, entering a run or bike race, or running a marathon.

Be sure your goals are realistic. Some clients want to have the strength to perform functional activities such as cutting the grass or shoveling the snow. Performance goals might also change from week to week especially since you are striving to work out harder each week. At the start of a week, re-evaluate your goals, whether or not you met them, and set new performance goals for the week.

A quick check list for setting and achieving your goals includes:

1. Be specific (in your goal setting)
2. Change for the right reasons (be true to yourself)
3. Be creative (dovetail your goals so they support one another)
4. Be realistic (set yourself up to succeed)
5. Anticipate roadblocks (plan for coping with the obstacles)
6. Have fun and get involved (select activities that are fun and fulfilling)
7. Build a support system.

Personal Fitness Goal Setting Action Plan

(Your) Name: _____

I. Future Direction:

List three realistic goals that you could implement to help you improve your current health status. Look at your assessment and write your goals on the performance of your three lowest criterion referenced standards of health.

1. _____
2. _____
3. _____

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II. Priorities

Using the above list, select your top two goals in order of importance.

1. _____
2. _____

III. The Most Important Priority

Select one of the above goals which you consider as the most important health related fitness priority for you, and one which you would like to work on during the 12 week course. Write that goal below and set dates for starting towards and reaching that goal.

Goal: _____

Target Dates: _____ Start: _____ Completion: _____

Helps and Hindrances:

What will help you reach your goal? (positive forces)	What will stand in the way? (negative forces)
_____	_____
_____	_____
_____	_____

IV. How Do You Get There?

Establish a pattern of action. Think about the people, steps, and dates you must consider to reach your goal. In order to design a sound personal fitness program you should follow specific steps. Steps in developing your personal fitness program are:

1. Evaluation- look at your assessment. What do you want to do, what can you do, what will you do to start improving your current health related level of fitness?
2. Set short-term goals. Remember goals must be attainable.
3. Select activities in which you will participate, by using the exercise programs and sports activities that you like.
4. Periodically re-assess your fitness level by consulting with Fitness ProfileSM.
Ask yourself - am I improving?
5. Don't give in or up. This problem is almost always mental and seldom physical.
6. Fight boredom with variety, exercise with friends and keep records.

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Fitness ProfileSM Personal Exercise Contract

All helping relationships have implied contracts (or understandings) in which both people will have responsibilities to carry out. Verbal or informal contracts are used when there is little chance of a misunderstanding of the conditions. The written contract is used to prevent misunderstanding regarding the conditions and to add impact by having the client sign his/her name indicating a commitment. Several features are necessary for an effective contract. The terms of a contract should be explicitly stated so that the expectations are clearly understood by all parties.

An example of an unclear contract is "I agree to lose some weight so I may do something I enjoy." A more clearly stated contract might be, "I will lose five pounds and then I'll be permitted to buy that new dress." Many contracts fail because of impossible terms. Therefore the terms of the contract should be feasible and reasonable. "I will lose 50 pounds this month so I can buy that new dress" is an unreasonable goal. A more reasonable goal is "I will lose 1-2 pounds a week for the next two months." The following example of a personal fitness contract may assist you in defining and reaching your goals.

I will walk in my aerobic target zone a minimum of _____ minutes _____ times per week.

I will record my progress in my personal log.

The following people will help me reach my goal:

I will reward myself for adhering to the above for _____ weeks with the following:

I will begin this program _____ and will re-evaluate it on _____ (insert dates) .

I commit myself to the above.

(Signature)

(date)

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