Appendix 2

Goals & Goal Planning Worksheets

As discussed in Chapter 2, setting clear and achievable goals is a crucial step in your strength training journey. Goals provide direction, motivation, and a way to measure your progress over time. Whether you're just starting or looking to advance your fitness, having well-defined goals helps you stay focused and committed.

This appendix provides examples and practical tools to help you define and track your Outcome and Habit goals. Outcome goals, if you recall, are the specific achievements you'd like to (or plan to) accomplish in a certain period of time. Habit goals are the specific actions you need to take on a regular basis to achieve your outcome goals. In addition, there are general goals that you may want to achieve that don't necessarily have a timing element for achieving it.

On the next page, you'll find examples of overarching goals to inspire your long-term objectives and help you define your SMART Outcome Goals and action-oriented Habit Goals. The following pages provide space to define your near-, mid-, and long-term **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound (SMART) Outcome Goals, as well as the Habit Goals you'll focus on to achieve them

You'll find examples of short-term and long-term Outcome goals to inspire your planning. The Goal Planning Worksheet is designed for you to identify and prioritize your top fitness objectives (Outcome Goals) and action steps (habit goals) to achieve them over the next 30, 60, and 90 days, as well as for the upcoming year. Use these worksheets to map out your path to a stronger, healthier you. You can print out additional Goal Planning Worksheets at www.ActiveSeniorsFitness.com/STB.

The SMART Goals you identify in this appendix should be realistic and achievable while providing clear benchmarks to measure progress. By setting these types of goals, you can focus on specific outcomes and develop the necessary habits to achieve them over time.

Appendix 2 (Continued)

Sample Goals – General

Improve Overall Health	Increase Muscle Strength	Get in Better Shape
Lose Weight	Enhance Sleep Quality	Maintain Bone Density
Maintain Healthy Weight	Boost Mental Health	Increase Energy Levels
Improve Muscle Tone – Look Better	Improve Balance and Coordination	Enhance Functional Independence
Stay Active with Grandchildren	Recover from Injury or Surgery	To Achieve a Competition Goal
Improve Posture	Build Muscles	Increase Longevity
Social Engagement	Stay Independent Longer	Enhance Joint Health
Stay Involved in Hobbies	Set a Positive Example	Reduce Risk of Falls
Improve Cardiovascular Health	Enhance Respiratory Function	Reduce Impact of Chronic Conditions like Arthritis
Increase Metabolic Rate	Lower Blood Pressure	Improve Blood Sugar Control
Reduce Abdominal Fat	Get in Better Shape	Speed Up Recovery Times
Maintain Mobility & Flexibility	Cultivate Discipline & Routine	Strengthen Immune System
Improve Mental Clarity	Boost Confidence	Improve Body Image
Improve Digestive Health	Manage Chronic Pain	Do More with Others

Add Your General Goal(s) Here:

A. _____

B. _____

C. _____

Appendix 2 (Continued)

Sample Goals - Specific

Below are examples of SMART goals for active seniors starting a strength training program. These goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound, providing a solid foundation for the actions needed to achieve them. Use these examples as a guide to set your own SMART goals, adjusting them to fit your current fitness level.

30-Day Goal Examples:

1. **Lower Body Strength:** Perform 15 consecutive chair squats by the end of 30 days.
2. **Upper Body Strength:** Increase push-ups from 5 to 10 by the end of 30 days.
3. **Core Stability:** Hold a plank for 30 seconds by the end of the month.
4. **Flexibility:** Touch your toes in a seated forward bend by the end of 30 days.
5. **Balance:** Stand on one leg for 20 seconds without support within 30 days.
6. **Cardio:** Add 20 minutes of brisk walking three times a week by the end of 30 days.
7. **Weight:** Lose 2 pounds in 30 days through strength training and diet changes.
8. **Tone Arms:** Do 15 dumbbell curls 3 times weekly for 30 days.
9. **Nutrition:** Consume a protein-rich shake or snack after each workout for 30 days.
10. **Hydration:** Drink at least 8 glasses of water daily for 30 days.

Add Your 30-Day Goal(s) Here:

A. _____
B. _____
C. _____

Note: When writing your goals, replace "by the end of 30 days" (and similar wording) with the specific future date, such as "by July 31."

Appendix 2 (Continued)

60-Day Goal Examples:

1. **Upper Body Strength:** Complete 20 push-ups (or knee push-ups) within 60 days.
2. **Endurance:** Briskly walk 30 minutes, four days a week, within 60 days.
3. **Core Strength:** Perform 20 seated abdominal twists by the end of 60 days.
4. **Shoulder Strength:** Perform 10 dumbbell shoulder presses within 60 days.
5. **Nutrition:** Reduce added sugars to 25 grams daily for 60 days.
6. **Weight Reduction:** Lose 5 pounds by the end of 60 days.
7. **5K Preparation:** Jog 2 miles continuously by the end of 60 days.
8. **Core Toning:** Perform core exercise routine three times a week for 60 days.
9. **Lower Body Strength:** Perform 20 step-ups on an 8-inch step within 60 days.
10. **Balance:** Perform standing leg lifts (no support) for 30 seconds within 60 days.

Add Your 60-Day Goal(s) Here:

A. _____

B. _____

C. _____

Note: When writing your goals, replace "by the end of 60 days" (and similar wording) with the specific future date, such as "by July 31."

Appendix 2 (Continued)

90-Day Goal Examples:

1. **Track Progress:** Document exercise plan, and completed actions, in training log or Achievement Planner daily for the next 90 days.
2. **Build Muscle Mass:** Increase bicep curl weight by 5 pounds within 90 days.
3. **Flexibility:** In 90 days, reach 2 inches closer to toes in seated forward bend.
4. **Balance:** Within 90 days, perform Heal-to-Toe Walk for 20 feet with no support.
5. **Lower Body:** Perform 10 consecutive lunges on each leg within 90 days.
6. **Weight:** Reduce weight by 10 pounds in 90 days by exercising and eating better.
7. **Endurance:** Run or walk 3 miles continuously by the end of 90 days.
8. **Tone Lower Body:** Perform 20 squats with weights within 90 days.
9. **Core Strength:** Hold a plank position for 1 minute by the end of 90 days.
10. **Social Engagement:** Join a gym or fitness group by the end of 90 days.

Add Your 90-Day Goal(s) Here:

A. _____

B. _____

C. _____

Note: When writing your goals, replace "by the end of 90 days" (and similar wording) with the specific future date, such as "by July 31."

Appendix 2 (Continued)

1-Year Goal Examples:

1. **Overall Strength:** Increase push-ups to 25 consecutive reps by the end of 1 year.
2. **Mobility:** Increase range of motion for knees without discomfort within 1 year.
3. **Functional Strength:** Carry a 10-pound grocery bag up a flight of stairs in 1 year.
4. **Core Strength:** Hold a plank position for 2 minutes by the end of 1 year.
5. **Consistent Routine:** Perform strength exercises 3 – 4 times per week for 1 year.
6. **Endurance:** Complete a 5K Run / Walk event with a friend or family member.
7. **Weight:** Reach and maintain a healthy weight by losing 15 pounds within 1 year.
8. **Body Toning:** Achieve noticeable toning in arms, legs, and core within 1 year.
9. **Bone Density:** Improve bone density by consistently strength training for 1 year.
10. **Muscle Mass:** Increase overall muscle mass by 5% within 1 year.

Add Your 1-Year Goal(s) Here:

A. _____

B. _____

C. _____

Note: When writing your goals, replace "by the end of 1 year" (and similar wording) with the specific future date, such as "by July 31."