



STRONG JOURNEY

FITNESS

4-4-4 GOAL SETTING

Change your life with four goals in four months with four easy steps

4 STEPS – 4 GOALS – 4 MONTHS

1. Set your goals
2. Make your goals SMART
3. Make a plan
4. Track your progress

SET YOUR GOALS

Plan the big picture

One year from today, I want to see the following changes in my life:

Break it down into steps

To make progress toward these changes, in the next 90 days I will achieve the following four things:

1.

2.

3.

4.

MAKE YOUR GOALS SMART

GOAL 1.

Specific: What do I want to accomplish?

Measurable: How will I measure or track progress toward my goal?

Attainable: How will I accomplish my goal?

Relevant: How will this goal help me get closer to my big picture?

Timely: When do I want to accomplish this goal?

MAKE YOUR GOALS SMART

GOAL 2.

Specific: What do I want to accomplish?

Measurable: How will I measure or track progress toward my goal?

Attainable: How will I accomplish my goal?

Relevant: How will this goal help me get closer to my big picture?

Timely: When do I want to accomplish this goal?

MAKE YOUR GOALS SMART

GOAL 3.

Specific: What do I want to accomplish?

Measurable: How will I measure or track progress toward my goal?

Attainable: How will I accomplish my goal?

Relevant: How will this goal help me get closer to my big picture?

Timely: When do I want to accomplish this goal?

MAKE YOUR GOALS SMART

GOAL 4.

Specific: What do I want to accomplish?

Measurable: How will I measure or track progress toward my goal?

Attainable: How will I accomplish my goal?

Relevant: How will this goal help me get closer to my big picture?

Timely: When do I want to accomplish this goal?

TRACK YOUR PROGRESS: MONTH 1

Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

TRACK YOUR PROGRESS: MONTH 2

Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

TRACK YOUR PROGRESS: MONTH 3

Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

TRACK YOUR PROGRESS: MONTH 4

Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

