

"Pop" Challenge #4: Reset Your Goals Challenge

For this "Pop" challenge, you must review your SMART goals sheets. There are only two weeks left of this competition, but your fitness journey is not over. Even if you made all your goals, the next step would be maintenance. I would like you to really think about the goals you set at the beginning of the contest for yourselves. Did you make some, are you on track for others, did one not turn out well? Whatever these are, I would like you to update any goals that are still active/ current and write that down on the new SMART goals sheet. Then I would like you to think about what you want to accomplish by the end of the contest and write that down. Finally, write down any goals that you want to keep working on after this contest ends. SMART goals are important to set to help keep you on track and motivated, so this challenge is completely for you! The more you put into it, the more you will get out of it. Knowing your goals before this contest ends, will help you continue on your journey.

SMART goals are designed to set you up for success. They should focus on what you want to improve and include enough details to clearly show if you are successful or not.

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress toward the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant to your life purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Please fill out the SMART goals sheet and leave in the Biggest Loser Box by Sunday, July 21st. I will return them to your trainer to return to you on the last day of class, or have them for you on final weigh in day so that you have them for your use after this contest!

People are much more successful when they take the time to set these SMART goals. So make sure you take the time for your own success!