

1.1: Getting Started

The Five Steps to Getting Started:

1. Make a commitment.
2. Take stock of where you are.
3. Set realistic goals.
4. Identify resources for information and support.
5. Continually “check in” with yourself and monitor your progress.



Specific:

- Don't be vague. Exactly what do you want?

Measurable:

- Quantify your goal. How will you know if you've achieved it or not?

Achievable:

- Be honest with yourself about what you can reasonably accomplish.

Realistic:

- While working out 7 days a week might sound good, is it *realistic* for your schedule and lifestyle?

Timely:

- Associate a specific timeframe with each goal.