

Journey to a Fit-Body “Action Plan”

Contributed by Treza Brooms-Johnson - Editor, Fit-BodyEzine.com
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Every journey begins with the first step (or so the saying goes…). We at Fit-Body Ezine believe your first step begins with making an Action Plan.

“TIPS” TO A SUCCESSFUL ACTION PLAN

Set a GOAL ‐ At Fit-Body Ezine, our GOAL stands for Get Out And Live! It always helps to write down exactly what it is that you want to accomplish ‐ fit into your skinny jeans, exercise at least 3 days a week, get bathing suit ready, lose 10 pounds or whatever you are working towards

Remember, your goal should be SMART

Specific ‐ is your goal clear ad action-oriented?

Measurable ‐ how will you measure success?

Attainable ‐ is this goal something that you can achieve?

Realistic ‐ is this goal possible given all circumstances?

Time-Bound ‐ what is the deadline for accomplishing this goal?

Example: I will walk 3 days a week for at least 1 hour for the next month. (SMART GOAL)

Example: I will increase my physical activity (NOT SMART)

Write down the steps you will have to take to accomplish your goal ‐ ex. plan your meals in advance, wake up an hour earlier to get to the gym before work, find a dietician or personal trainer

Before you start be sure you have everything you need to start ‐ gym membership, work-out partner, well-stocked refrigerator full of healthy food choices etc.

Work on your GOAL Everyday

Keep your goal with you and be sure to read it daily as many times as you can

Envision your success ‐ imagine what success will look and feel like; “What will FIT look like on you?”

Don’t let yourself get discouraged if you miss a day or over do it with the calories ‐ everyday is a new day to be better and this is a marathon, not a sprint. Go back to your goal, read it, envision success and be your own cheerleader

Share your goal with a “Reliable” friend or family member ‐ gain support from people you can count on and your Fit-Body Ezine community, of course!

Don’t Give Up!

When you feel your motivation faltering, remind yourself why you are doing this ‐ to be a role-model for your daughter, sister, mother or friend; to live a longer, healthier life; to take care of your body or whatever reason will keep you moving

Remind yourself of how beautiful and strong you are everyday. SAY IT OUT LOUD and in front of a mirror

Reward yourself along the way and celebrate your victory!

The template should be very simple:

Goal

Timeline

Action Steps

Resources Needed

Results