

The Studio by Absolute Pilates

GOALS

Make Them Smart



We are here to support you!



Keep your fitness goals on track with My SMART Goal Sheet, and My Activity Calendar.

Here's how:

1. Set Personal Goals. Use the My SMART Goal Sheet to set goals that are specific, measurable, achievable, relevant and timely.
2. Plan Your Activity Calendar. Make a plan to keep active every day. Focus on fun by trying new classes.
3. Record Your Progress. Keep a record of your activities every day.
4. Review your plan in more detail with a trainer.



My SMART Goal

My Smart Goals Sheet

today's date: _____ target date: _____ start date: _____ date achieved:

Verify that your goal is smart:

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant in your life?

Timely: When will this goal be achieved? goal:

My SMART Goal





My Smart Goals Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

3-4 times- Focus on Fitness: Use these days to focus on an activity you identified in your SMART Goal Sheet.

1 time - Build Strength: A few strengthening exercises a week will help you stay strong and independent.

1 time - Change it Up!: Try a new class at least once a week, such as piyo, hiit or barre stretch.

1 time - Friends & Family: Make physical activity fun and rewarding by making at least one activity a week social.



Example Month Calendar based on The Studio by AP class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Sculpt	Yogalates	Barre	Barre	Friends & Family	Pilates Mat	Barre
BOSU Balance	Upper Body Barre	Barre	Barre	Friends & Family	Barre Stretch	Barre
Barre Sculpt	Yogalates	Barre	Barre	Friends & Family	Pilates Mat	Barre
BOSU Balance	Upper Body Barre	Barre	Barre	Friends & Family	Barre Stretch	Barre
Barre Sculpt	Yogalates	Barre	Barre	Friends & Family	Pilates Mat	Barre

3-4 times- Focus on Fitness: Use these days to focus on an activity you identified in your SMART Goal Sheet.

1 time - Build Strength: A few strengthening exercises a week will help you stay strong and independent.

1-2 time - Change it Up!: Try a new class at least once a week, such as piyo, hiit or barre stretch.

1 time - Friends & Family: Make physical activity fun and rewarding by making at least one activity a week social.