

Kick Starter: Chapter 1

# Goal Setting



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# Welcome



## Hi There!

Welcome to the Online Coaching Kick Starter. I have written and crafted together 8 chapters for this all with the intention of setting you up in the best possible position to kickstart your health and fitness journey.

Each chapter is tailored to a topic, breaking it down and giving you important information regarding nutrition, exercise, motivation and overcoming struggles along the way.

Working through these chapters will give you clarity, guidance and the knowledge to execute your program and smash your goals.

## Let's do this!

Andrew Caine PT

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## What to Expect in Chapter 1: Goal Setting

- ✓ **What are SMART Goals**
- ✓ **How to Set SMART Goals**
- ✓ **Overcoming Challenges**
- ✓ **Revisiting Goals and Finding New Motivation**
- ✓ **When to Set New Goals**





# Goal Setting

S

Specific

M

Measurable

A

Attainable

R

Realistic

T

Time-bound



# SMART Goals

Setting goals is the first step towards turning the invisible into the visible. Goals provide direction, purpose, and motivation on your fitness journey. In this chapter, we'll delve into the SMART goal-setting framework to help you establish clear and achievable objectives.

What are SMART Goals? Let's break down each component:

- **Specific:** Your goals should be clear and well-defined. Instead of a vague goal like "get fit," specify what "fit" means to you. For example, "lose 10 pounds of body fat" or "run a 5K race in under 30 minutes."
- **Measurable:** You should be able to track your progress and determine when you've reached your goal. Include concrete metrics such as pounds lost, inches gained, or reps completed. This allows you to stay accountable and adjust your efforts as needed.
- **Achievable:** While it's important to aim high, your goals should also be realistic and attainable. Consider your current fitness level, resources, and time constraints. Setting unattainable goals can lead to frustration and demotivation.
- **Relevant:** Your goals should align with your values, priorities, and long-term aspirations. Ask yourself why each goal matters to you and how it contributes to your overall well-being. Focus on goals that are meaningful and relevant to your personal fitness journey.
- **Time-bound:** Set deadlines or target dates for achieving your goals. This creates a sense of urgency and helps prevent procrastination. Break down your goals into short-term and long-term milestones to keep yourself on track.

# Setting SMART Goals

## **Reflect on Your Vision**

Start by envisioning your ideal fitness outcome. What do you want to achieve? Why is it important to you? Visualise yourself accomplishing your goals and the impact it will have on your life.

## **Write Down Your Goals**

Put your goals in writing to make them tangible and official. Use the SMART criteria to refine your goals into clear and actionable statements. Keep your goals visible by posting them in a place where you'll see them daily.

## **Break it Down**

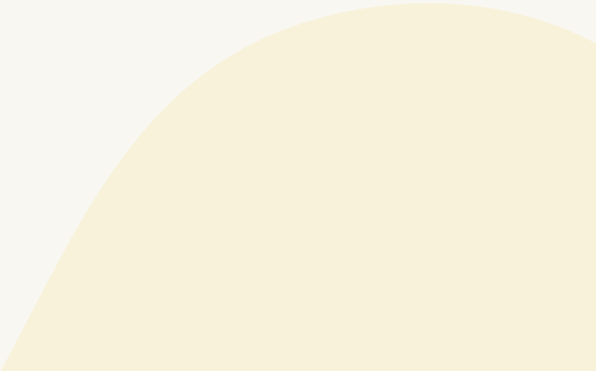
Divide your goals into smaller, manageable tasks or milestones. This makes your goals less overwhelming and allows you to track progress more effectively. Celebrate each milestone achieved as you work towards your ultimate goal.

## **Create a Plan**

Develop a strategic plan outlining the actions you need to take to achieve each goal. This could include specific workouts, dietary changes, or lifestyle adjustments. Be flexible and willing to adapt your plan based on feedback and results.

## **Stay Accountable**

Share your goals with a friend, family member, or fitness coach who can provide support and accountability. Regularly review your progress and make adjustments as needed. Celebrate your successes and learn from any setbacks along the way.



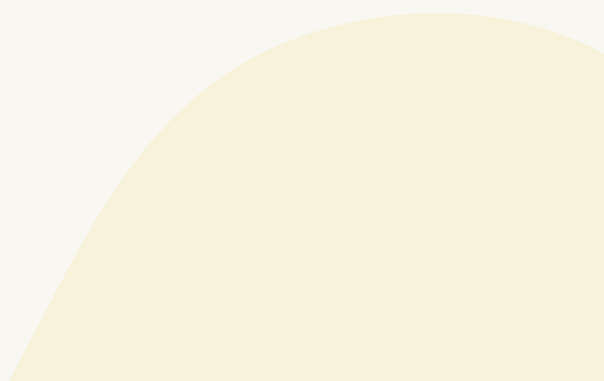
# How to Set SMART Goals

Here's an example of a SMART Goal:

- **Specific:** "I will lose 10 pounds of body fat by following a balanced diet and exercising for at least 30 minutes, five days a week."
- **Measurable:** "I will track my progress by recording my weight and body measurements every two weeks."
- **Achievable:** "I will consult with Andy to create a realistic plan that fits my schedule and lifestyle."
- **Relevant:** "Losing weight will improve my overall health, boost my confidence, and allow me to participate in activities I enjoy."
- **Time-bound:** "I will achieve my goal within three months and celebrate my success by treating myself to a new workout outfit."

Write your SMART goal down on a piece of paper and place it somewhere visible so you can see it. I know this may sound a bit hippie, but by writing your goals down on paper and seeing it every day you are constantly reminding yourself of your goal and your why.

Chances are you'll be more likely to make conscious or subconscious efforts throughout the day that will lend itself to assisting your journey.





SET  
GOALS  
NOT  
LIMITS



# Overcoming Challenges

Overcoming obstacles and building resilience are integral parts of the fitness journey. In this chapter, we'll explore common challenges, the importance of resilience, and practical strategies for overcoming setbacks and staying motivated.

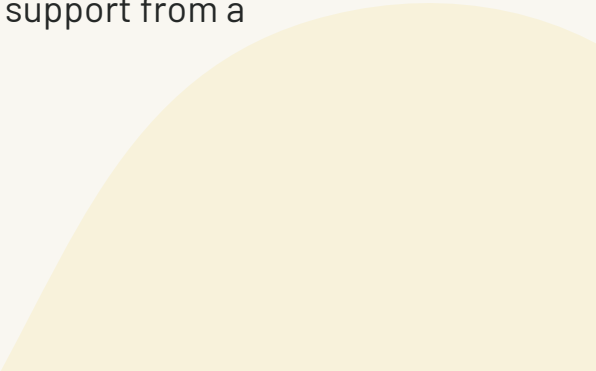
**Lack of Motivation:** Feeling demotivated or uninspired can hinder your progress and lead to inconsistency in your workouts. Motivation can fluctuate, but it's essential to find ways to stay motivated, whether through setting small goals, finding a workout buddy, or changing up your routine.

**Plateaus:** Hitting a plateau where you no longer see progress can be frustrating. Plateaus are a natural part of the fitness journey, but they can be overcome by adjusting your workout intensity, trying new exercises, or incorporating interval training.

**Injury:** Dealing with an injury can be challenging, as it may require time off from exercising or modifications to your routine. It's crucial to listen to your body, follow your healthcare provider's recommendations, and focus on activities that don't exacerbate your injury.

**Time Constraints:** Balancing work, family, and other commitments can make it difficult to find time for exercise. Prioritise your workouts by scheduling them into your daily routine, and consider incorporating shorter, high-intensity workouts for maximum efficiency.

**Nutrition Challenges:** Maintaining a healthy diet can be challenging, especially with busy schedules and tempting food options. Plan your meals ahead of time, make healthy food choices more accessible, and seek support from a nutritionist or dietitian if needed.



# Overcoming Challenges

## Strategies for Overcoming Challenges and Building Resilience

### Set Realistic Goals

Break down your long-term goals into smaller, achievable milestones. This can help you stay focused and motivated as you work towards your ultimate objectives.

### Stay Consistent

Consistency is key to making progress. Even on days when you don't feel motivated, commit to doing something active, even if it's a short walk or gentle stretching.

### Be Flexible

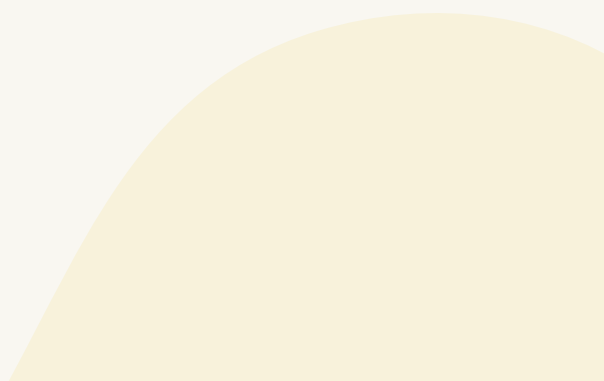
Be open to adjusting your workout plan and goals as needed. Life can be unpredictable, and it's important to adapt to changing circumstances while staying committed to your health and fitness.

### Practice Self-Care

Prioritise self-care activities such as proper sleep, stress management, and relaxation techniques. Taking care of your mental and emotional well-being is just as important as physical fitness.

### Build Resilience & Positive Mindset

Resilience is the ability to bounce back from setbacks and challenges. To build resilience, focus on cultivating a positive attitude and focus on what you can control rather than what you can't. Look for opportunities for growth and learning in every setback.





# Overcoming Challenges

## Strategies for Overcoming Challenges and Building Resilience

### **Learn from Setbacks**

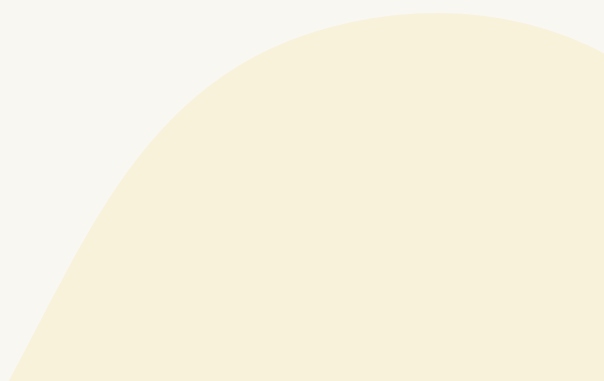
Instead of viewing setbacks as failures, see them as learning experiences. Reflect on what went wrong, what you can do differently next time, and how you can improve.

### **Stay Committed**

Even when motivation wanes, stay committed to your goals. Discipline and dedication are essential for long-term success.

### **Perseverance**

Persistence is key to overcoming challenges. Keep pushing forward, even when the going gets tough. The ability to persevere in the face of adversity is a hallmark of resilience.

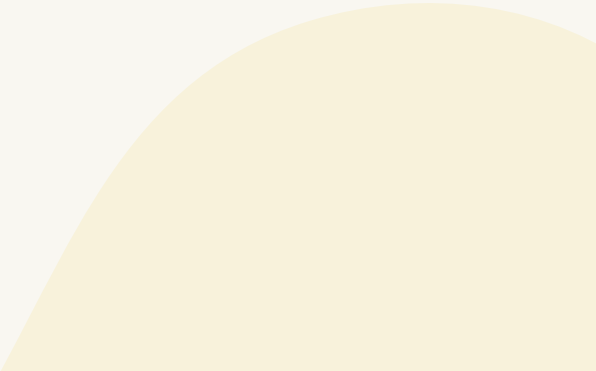


# Revisiting Goals & Motivation

## Dealing with Low Motivation

Even the most dedicated individuals experience moments of low motivation. When you find yourself struggling to stay on track with your fitness goals, it's important to revisit and reassess your objectives.

Here's how you can navigate through periods of low motivation:

- **Reflect on Your Why:** Reconnect with the reasons why you set your goals in the first place. Think about the benefits you'll gain from achieving them, whether it's improved health, increased energy, or greater self-confidence.
  - **Review Your Progress:** Look back at how far you've come since you started your fitness journey. Celebrate your achievements and remind yourself of the obstacles you've overcome. Progress, no matter how small, is still progress.
  - **Adjust Your Goals if Necessary:** If you're feeling overwhelmed or demotivated by your current goals, consider adjusting them to better suit your current circumstances. This might involve modifying the timeline, breaking down larger goals into smaller milestones, or refining your objectives to align with your evolving priorities.
  - **Seek Support:** Don't hesitate to reach out to your coach, workout buddy, or support network for encouragement and accountability. Sometimes, a little external motivation can reignite your passion for fitness and help you stay committed to your goals.
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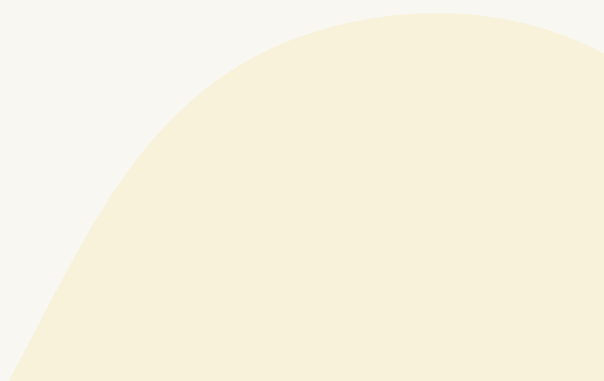




# Setting New Goals

As you progress on your fitness journey, you may find that your interests, priorities, or capabilities change over time. When you feel uninspired or stagnant, setting new goals can reignite your enthusiasm and keep you engaged.

Here's how to approach setting new goals:

- **Reflect on Your Progress:** Take stock of your current achievements and identify areas where you'd like to challenge yourself further or explore new opportunities. Reflect on what aspects of your fitness journey bring you the most joy and satisfaction.
  - **Explore Different Modalities:** Consider trying new workouts, sports, or activities that pique your interest and align with your fitness goals. Exploring different modalities can help you discover new passions and keep your routine exciting and varied.
  - **Consult with Your Coach:** Your coach is an invaluable resource for setting new goals and designing a plan to achieve them. Discuss your aspirations, concerns, and preferences with your coach to develop a customised strategy that meets your needs.
  - **Embrace Continuous Growth:** Remember that fitness is a journey, not a destination. Stay open-minded and embrace opportunities for growth and learning along the way. Set goals that challenge you to push beyond your comfort zone and evolve into the best version of yourself.
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# Conclusion

Setting SMART goals is the foundation of a successful fitness journey. By following this framework, you can clarify your objectives, stay focused, and increase your chances of achieving lasting results.

Overcoming challenges and building resilience are essential components of the fitness journey. By recognising common obstacles, setting realistic goals, staying consistent, seeking support, and practicing self-care, you can navigate challenges with resilience and continue making progress towards your health and fitness goals. Remember that setbacks are opportunities for growth, and with determination and perseverance, you can overcome any challenge that comes your way.

Review and revise your goals regularly to ensure they remain challenging yet attainable. With determination, persistence, and SMART goal-setting, you're one step closer to realising your fitness aspirations.



# Tools & Resources

01

Andrew Huberman Podcast

An informative podcast covering all things health and fitness related.

03

Examine

This website covers nutrition and supplements using scientific research to show what's effective and what isn't.

02

YouTube

Can be a great platform to gain further insight to exercises and dieting.

04

Andrew Caine PT

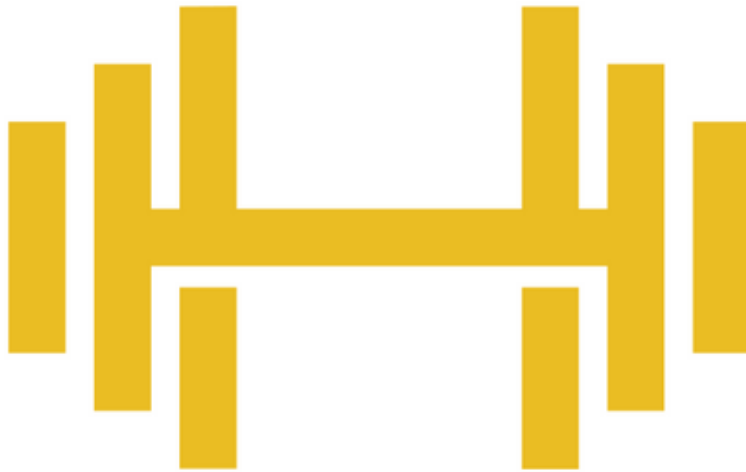
Using my videos and posts on my instagram to gain further knowledge on exercise and nutrition.

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# THANK YOU!

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