

Daily Goals Checklist

“Start Small and Grow One Step at a Time.”

- RENEW** - 10 minutes spent on morning mindset (meditation, prayer, reading scripture, music, hot coffee and a good book, quiet time in the garden, review/visualize goals, etc.)

My Goal: _____

- Mon Wed Fri Sun
 Tues Thurs Sat

- REBUILD** - Strengthen body from the inside out. Core Restoration Workouts, Daily Workouts, etc.

My Goal: _____

- Mon Wed Fri Sun
 Tues Thurs Sat

- REFUEL** - Proper nutrition and hydration to fuel your day and propel you towards your goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B:							
L:							
D:							
S:							

- RECOVER** - Stretching, Yoga, Breathe, Mind/Body Connection, Core Foundation Exercises, Posture, My Goal: _____

- Mon Wed Fri Sun
 Tues Thurs Sat

- RELATE** - Connect with a group of moms for sharing progress, accountability, etc.

My Goal: _____

- Mon Wed Fri Sun
 Tues Thurs Sat

- REST** - Getting enough sleep and taking rest days from workouts

My Goal: _____

- Mon Wed Fri Sun
 Tues Thurs Sat

Setting Fitness Goals For Success Worksheets

Step 1: Set Your Goals

My Big Goal: (Long-term - 5 yrs or Short-term - 2 yrs Goal) _____

My Small Goals: (Goals that can be accomplished within a few months but move you along the path to reaching your Short-term and Long-term Goal/s)

- _____
- _____
- _____
- _____

Micro Goals: (Small "wins" you can earn for yourself daily/weekly that feel good to accomplish and help build confidence and consistency needed to reach your bigger goals.)

- _____
- _____
- _____
- _____

Step 2: Examine and Evaluate Your Goals and Motivations

Why is this a goal of mine?

What do I think I will gain by accomplishing it?

Is this goal driven by self-loathing, self-love, or something else?

Am I willing to say "no" to other things in order to say "yes" to doing what it will take to reach it?

"Mastering little changes one step at a time will ensure steady growth and lasting results."

Step 3: Reframe and Rewrite Your Goals

Let's dig a little deeper into our goals and our beliefs surrounding them and work to make sure that we are fueling what propels us towards achieving our goals, and throwing out what doesn't.

Are your mindset and goals aligned? Are your goals driven by the desire for a positive change or by a negative self outlook?

Identify any thoughts or beliefs that you have that are negative and may be a roadblock to reaching your goals.

Write those here: _____

Identify which of your goals from above, if any, are driven by the negative thoughts you listed. Can you reframe these goals from a positive motivation? If not, I encourage you to throw them out for now and focus on those that will encourage growth and improvement and can be reframed from a place of truth, gratitude and self-love. Also, are these goals aligned with other priorities in your life - will accomplishing these goals help you to achieve your best life, or will working towards them get in the way of other more important priorities?

Identify and list out at least three strengths, positive attributes, or personal accomplishments from your life that you are grateful for and proud of. Think about how these strengths form a starting place that you can build from and can help to encourage you towards reaching your goals.

1. _____
2. _____
3. _____

Now take the goals you have remaining and rewrite them as positive statements as though you have already accomplished them. (Goal: Run 1 mile without walking. Rewrite: I am a runner. I am determined and energized. I have strong legs and lungs that can carry me for miles without growing tired.)

Goal: _____

Rewrite: _____

Goal: _____

Rewrite: _____

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Goal: _____

Rewrite: _____

Goal: _____

Rewrite: _____

Create a vision board, poster, Pinterest wall, etc. for your goal/s above. Visualize what your life will look like, how you will look, feel, and what you will believe about yourself once you have accomplished your goal/s. Include pictures or words that remind you of past accomplishments and can spur you on when you hit bumps along your journey that threaten to slow you down. Keep your Vision Board displayed where you can see it and be reminded and motivated daily.

Step 4: Create a Plan to Accomplish Your SMART Fitness Goals

We are now going to evaluate your goals to determine if they are SMART Goals, then create a plan for achieving them.

S - Specific - Clearly defines what you are aiming to do or accomplish

M - Measurable - Can you track your progress towards reaching this goal and how will you measure it?

A - Achievable - Are you willing and able to commit the time, resources, and skills needed to achieve this goal?

R - Relevant - How is this goal relevant and helpful to your overall life goals and priorities?

T - Timely - What is the timeframe in which you plan to accomplish this goal?

Now take your goals and break them down into micro goals, and then into baby-steps. What will you do each day to create consistency and work towards accomplishing this goal? Remember to take into account any possible obstacles you may encounter and how to work around them.

Goal: _____

What I plan to do and how I will track my progress: _____

Can I commit to this plan? Is this goal achievable right now? What are some things that may hinder my progress that I may have to eliminate/rearrange? _____

How will achieving this goal help me live my best life? _____

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Step 5: Prepare to Execute Your Plan

Gather the supplies you need to begin working your plan including workout gear and groceries. Print out your workout calendar, program, and tracking sheets. Make sure your Vision Board is on display. Schedule the steps you plan to take into your days including meal planning activities, workouts, and rest. Eliminate any obstacles you can. Share your plans with an accountability partner or group so that you have someone you can check in with throughout your week.

Step 6: Work Your Plan and Track Your Progress

Do the steps you laid out for yourself to accomplish your goal. Track what you do each day. Record your measurable data and journal about your feelings and thoughts surrounding your choices. Evaluate how you did, how you felt, and write down what you accomplished. Take a weekly honest inventory about where you are at, how you feel about it, and whether you are on track to reaching your goals. Revisit your goal setting worksheets to evaluate your progress and redefine your goals as needed.

Don't give up! Make adjustments as needed and keep working towards achieving your goals. We are looking for lifestyle choices not an overnight fix. Accept that there will be days you don't do what you had planned and obstacles that get in the way. But even if you miss a step or a day, pick back up and keep running your race. Check in with your accountability partners and encourage others who are on this journey with you. And don't forget to have fun and reward yourself when you hit those milestones!

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About Kimberly

Kimberly is a Certified Personal Trainer with the NFPT and holds specialist certifications in Prenatal and Postnatal Fitness and Nutrition. She is passionate about her faith, family, fitness, and helping others to reach their goals. She has spent the past 6 years working in the fitness industry, writing and creating plans for the health and fitness website, Total-Workout-Routines.com. She is the founder of Moms Empowered Fitness.

Kimberly is a mother to four young children, ages 12, 9, 3 years and 4 months old. When her second child was 2 years old, she found herself out of shape and lacking the energy she desired in order to best care for her family. She decided to make a change and signed up to complete a Tough Mudder competition. After that, she was hooked.

Her passion for fitness grew and over 2 years, she lost 40 pounds of fat and gained a muscular physique. She competed in her first NPC bikini competition and placed 3rd. She co-founded Total Workout Routines in 2012.



While pregnant with her 3rd child, Kimberly was inspired to help other women regain strong, healthy bodies after becoming mothers, and Moms Empowered Fitness was born. She has spent the past 2 years becoming more knowledgeable about the changes a woman's body goes through during pregnancy and birth and recognizes the need for more specialized fitness programs for the postnatal client.

Her passion is in the area of helping moms rebuild their bodies so they can function well, and have the strength and energy needed to best care for their families. She teaches about proper nutrition and how to balance family life and healthy eating so that the changes her clients implement can become positive lifetime habits. Her focus is on realistic, obtainable goal setting and helping mothers learn to prioritize their needs while also managing the other important aspects of their lives.

You can find motivation on your fitness journey, by [joining her free Facebook community, M.E. Fit Moms](#) today!

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