



a week-by-week resolution planner



MARCH: FOCUS ON FITNESS

The most popular resolution among Canadians was exercising more or losing weight. This month we check in to see how we're shaping up, and offer suggestions for achieving your fitness goals all year long.

SET SMART GOALS MAKE SURE THEY'RE:

- Break it into small, detailed actions > **SPECIFIC**
- Chart it on a calendar and assess your progress > **MEASURABLE**
- Cater to your strengths > **ATTAINABLE**
- Start small and build on each success > **REALISTIC**
- Give yourself a time frame > **TIMELY**

my march goals

Using the SMART goals philosophy, explain how you will incorporate each week's theme into your life.

week 1: make it a priority to move more each day

e.g. Every weekday, I will take the stairs over the elevator at work and whenever possible.

week 2: measure your exercise success to stay motivated

e.g. I will keep an exercise journal that includes the duration and type of physical activity I do each day.

week 3: add a strength training routine at least twice a week

e.g. This week I will book a consultation with a certified personal trainer to discuss a strength training program.

week 4: take up a new fitness class or sport you've always wanted to try

e.g. This week I will contact that indoor cycling studio I always drive by to try a complimentary class.
