My S.M.A.R.T Goal - Fitness

By *******
Information on SMART goal

• I planned to walk around my gated community during the weekdays to lose weight for 6 weeks, this is what I was doing in the summer prior to the class (lost 20 pounds doing so).

• My records sheets showed that I *********

• I would say I partially achieved my SMART goal, for ********.

• Why this ended up being this way was most likely due to **************

• Something I learned about myself is that ***********
Key Concepts: The Research Study

• The study took place in ***********
• The college students were required to ***********
• The researchers hoped to see significant improvements in *********, if they:
  • Added ********
  • Added ********
  • Used ********
Key Concepts: “**************************”

• This is a Successful Model already used *****
• There were 6 meetings held ********
• There was ******** with a Wellness Mentor
• The key focus was on **********
• The experiment was a success, the students:
  • Ate more ********
  • ******** more
  • Had improved ********
  • Felt better about themselves and ********
#1 Predictor of Success is:

• ************ is the key to changing one’s behavior!
This Article Reinforced – ***********:

• The article ***********
• The old cliché on willpower, or ************* in this particular article, is *************
Common Misconceptions:

• Adults ******** dangers of obesity
• Adults ******** the importance of ********
• Adults ************* of eating ********
Relevance to Me

• This article relates to my wellness ********
• But...life gets in the way, and ********
• Based on this article, I ************
• Getting ********something I might consider
• Before reading this article I would ********
My Future Research

• Article mentions more *********
• I’d like to know if **********
• I’d like to know more about ***********
• One resource on sleep that I plan to consult is:

***************
References