

5-D

GENERAL GUIDELINES FOR GOAL SETTING

- **Be realistic.**
- **Be specific.**
- **Personalize.**
- **Put your goals in writing.**
- **Know your reasons.**
- **Consider all fitness parts.**
- **Self-assess and keep logs.**
- **Focus on improvement.**
- **Set new goals periodically.**
- **Revise unrealistic goals.**
- **Reward yourself.**

