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What are you trying to do for fitness?

Are you still on track with your New Year's Resolutions?

Take another look at the "track" you chose

Did you make a New Year's Resolution this year? It seems that our society has accepted that most will make resolutions when the clock strikes the New Year, unfortunately we have also accepted that most will fall short of our resolutions as well. But you don't have to . . . getting back on track is easy with the following questions and analysis.

1. What exactly was your resolution?

It seems like such an easy question, but in reality it can be difficult to answer – was it to lose weight or was it to twenty five pounds lighter by summer. The second one is much more specific and can easily be split into smaller attainable goals.

2. How do you break it down?

To lose twenty five pounds can be a little overwhelming and you know it won't happen overnight – don't we wish though. To reduce this shock and make it realistic, break the overall goal down to smaller attainable goals that are quantifiable and timed – such as lose five pounds each month. It doesn't seem too hard to do now.

3. How do you plan to make it happen?

This is your game plan. Here you should decide exactly what you are going to do to accomplish that goal. Remember it has to be things you will do though – such as for the example of weight loss, it might be by starting a new exercise program that you will actually do – remember you can always make it more challenging later and/or making changes in eating habits – like avoiding the most common sources of saturated fat which you can also find on Tri4Fitness.Net.

4. Will you actually do that?

If you said you are going to go and run on a track for your new exercise program, but you know you don't like to run or go in a circle on a track, etc – then you likely will not do it. So find something that you can and will do – you can always increase how aggressively you attack things later.

5. Have you started yet?

Start now – take the first step to accomplishing your resolution now – that might literally be the first step, as in exercising. You can't accomplish it, if you don't start.

6. How will you remember what to do?

Remind yourself continually what your resolution was and how you plan to do it. Write it down and surround yourself with reminders – that might be sticky notes around the house, in drawers, in the pantry, at work, on your mirror – continually remind yourself of what to do and your overall goal. You are more likely to stick with it if you have it on your mind, or it can often accomplish the old saying of "out of sight, out of mind." You're not going to do anything you don't think about.

So why are you still reading now – write down that resolution and start. Then come back to tri4fitness.net for help on what to do to accomplish your goal or e-mail me at Michael@tri4fitness.net for personalized help.