

YOUR PERSONALIZED SUCCESS PLAN

Upon the completion of your last Fundamentals sessions, you and your coach will create a Success Plan that you can use to reference as a plan of action going forward. First, you'll want to begin to think about your goals.

We use the **SMART** method of goal-setting.

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - agreed upon, attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, time-bound, timely, tangible, trackable

Let's start by looking at what's working *right now*.

3 things you're doing well:

1. _____

2. _____

3. _____

How can we continue to build on these things?

Next, we want to ask ourselves: "What will success *feel* like?" Often times, athletes come to us with a goal of "I want to lose 20 lbs" without asking what that will feel like. Those feelings may be confidence, strength, and overcoming an obstacle. Our goal is to identify feelings of success **before** the goal itself is actually attained.

What are your **feelings of success**?

Next, we'll actually begin to map out some goals. We'll break these out into 3 month, 6 month, and 1 year goals.

3 Month Goal: _____

6 Month Goal: _____

1 Year Goal: _____

PERSONALIZED SUCCESS PLAN - COACH'S SUGGESTIONS

PART I: CONSISTENCY

Consistency is the key to achieving any goal.

1. Recommended number of training hours per week for first 8 weeks
 - _____
2. Work/Rest Schedule
 - *Sample Schedule:* _____
3. Recommended number of training hours per week for weeks 9+ _____
 - *Sample Schedule:* _____
4. Any additional training-related activities outside the gym? _____

PART II: TRAINING RECOMMENDATIONS

Based upon your stated goals and Fundamentals Program, we recommend the following combination of training options.

1. Group Classes _____ per _____
2. Private Coaching Sessions _____ per _____
3. Skill Sessions _____ per _____

PART III: THE "OTHER 23"

The 23 hours you spend outside the gym are just as - if not more - crucial than the 1 you spend inside the gym. Based upon your goals we recommend the following:

Stretching/Mobility:

Meditation/Mindfulness:

Meal Planning/Preparation:

Other:

This personalized success plan is designed to maximize your results based upon your stated goals. You may begin to pursue this plan immediately or hang onto it for future reference.