

SMART Goal Planning

Why Do I Want This?

To live longer and therefore spend more time with my wife, kids, and grandkids

To get my blood pressure back in the safe zone, and virtually eliminate my risk of Type II Diabetes.

So I'll have more energy during the day and sleep better at night.

To lower my triglycerides and LDL, and raise my HDL.

More confidence in myself

Habits /Systems /Processes I need to establish to get there...

Drink at least 6-8 pints of water each and every day (one pint 20-30 minutes prior to eating a meal.

Eat 2-3 servings (or more) of non-starchy vegetables each and every day.

Strive to consume ~30-40 grams of protein or more three times each day. Add a 4th serving on strength training days.

Exercise habits:
Strength training: 3 times per week;
Walk 30+ minutes: 3 times per week.

Strive to get a minimum of 6.5, preferably 7-8 hours of sleep each and every night.

Do 40 push-ups

Intermediate /
Performance Goal

Body Fat = 25%
Pant size = 40

Intermediate
Goal

Run my first 5K

Performance
Goal

Body Fat = 19%
Pant size = 36

Ultimate Goal