RHYS ABOVE FITNESS

How to Set Goals You'll Actually Stick To





THE SCIENCE (AND PSYCHOLOGY) BEHIND FITNESS GOALS THAT DON'T FLOP.

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It's Hard

Motivation fades. Life gets in the way. That's why most people don't reach their fitness goals.
This guide shows you how to set goals that actually stick, using real behavioral science and coaching techniques that work in the real world.

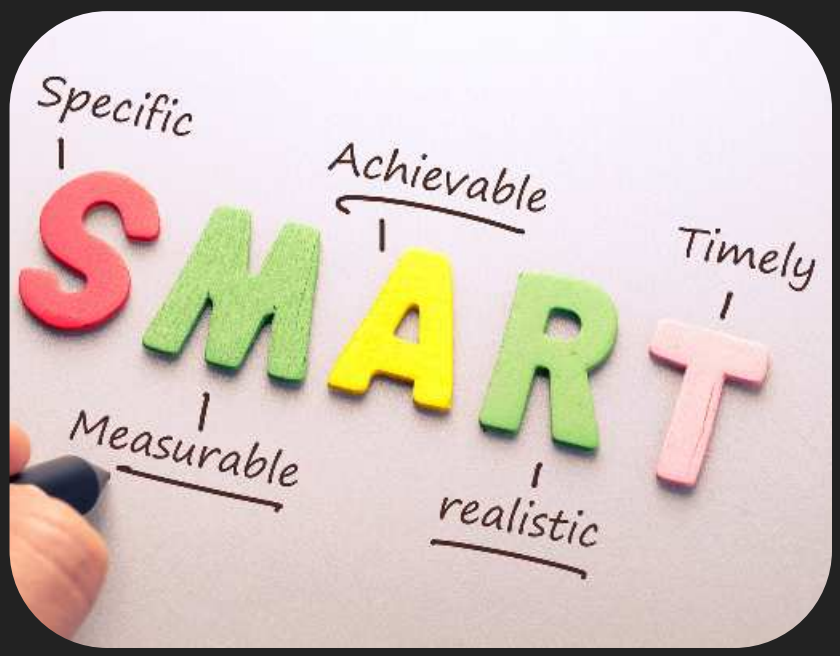
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Ditch Vague Goals: Use SMART Goals Instead

"Get fit" isn't a goal, it's a wish.

SMART goals are:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound



Example:

- "I want to go to the gym 3x/week for the next 30 days so that I can lose 10lbs on the scale and FEEL better."

Locke EA, Latham GP. Building a practically useful theory of goal setting and task motivation. Am Psychol. 2002.

PubMed PMID: 12090328

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Dig Deeper: Focus on Process Goals (Not Just Outcomes)

Instead of “lose 10 pounds,” try “prep lunch 5 days this week” or “lift weights twice this week.”



Process = What you do.
Outcome = What you get.

Focus on the doing.

Gollwitzer PM. Implementation intentions: Strong effects of simple plans. Am Psychol. 1999.

PubMed PMID: 10467968

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Make It Stupid-Easy to Start



"The magic you're looking for is in the work that you're avoiding."

Fogg BJ. Tiny Habits. (2020)

If it takes more than 2 minutes to begin, you probably won't do it.

So lower the barrier to entry.

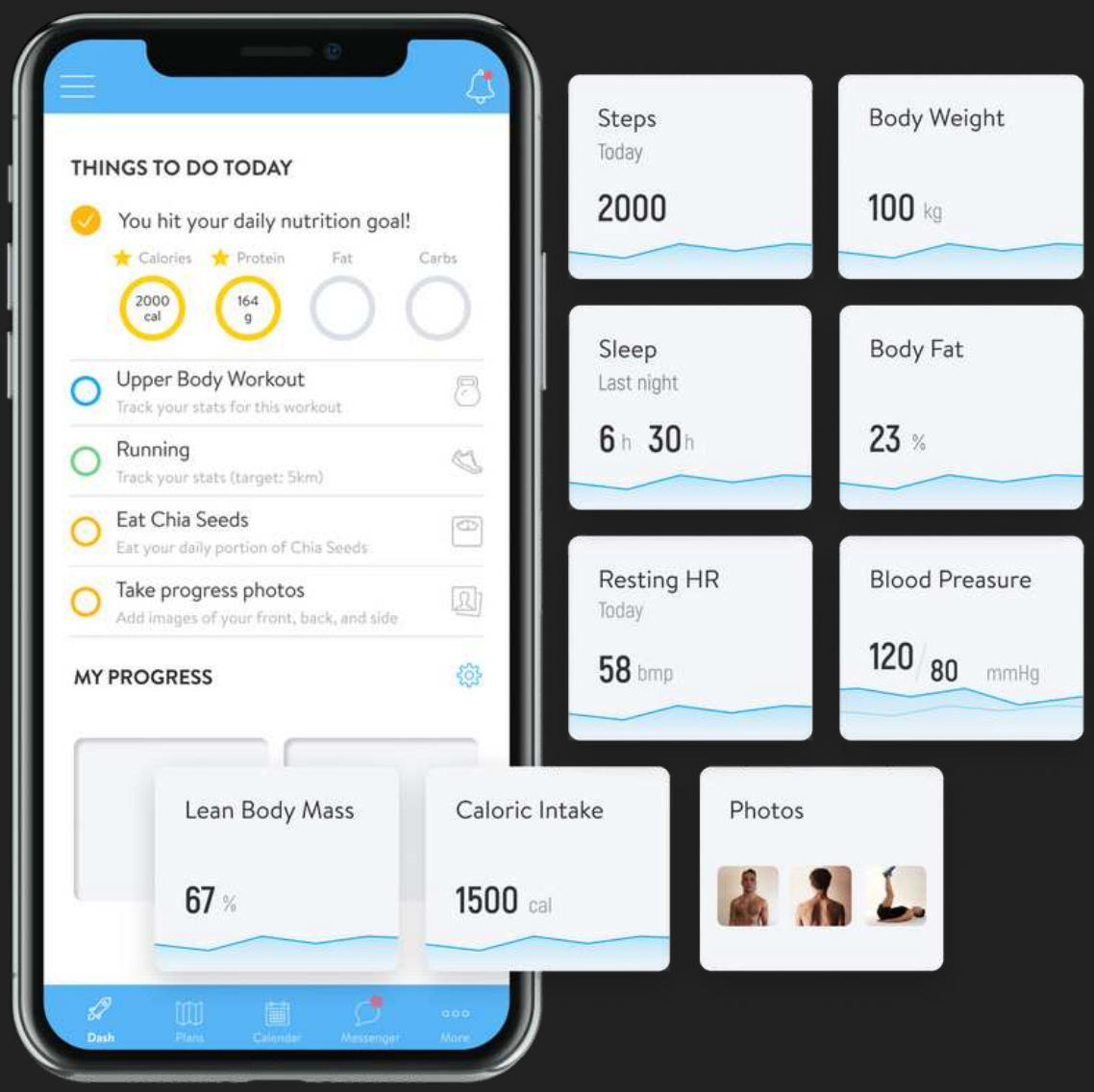
Instead of "Do a 45-minute workout," start with:

"Put on my shoes"

Break it down into manageable parts and you'll eventually program your brain to just do the hard things.

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Track It or Lose It



Actual Photo of the Rhys Above Fitness App

What gets measured gets managed.
Whether it's a habit tracker, a fitness app, or a whiteboard, track your efforts.

Not tracking is like closing your eyes, spinning around, starting to run and hoping that you don't run face-first into the wall.

Sniehotta FF et al. Bridging the intention–behaviour gap. Psychol Health. 2005.
PubMed PMID: 20205027

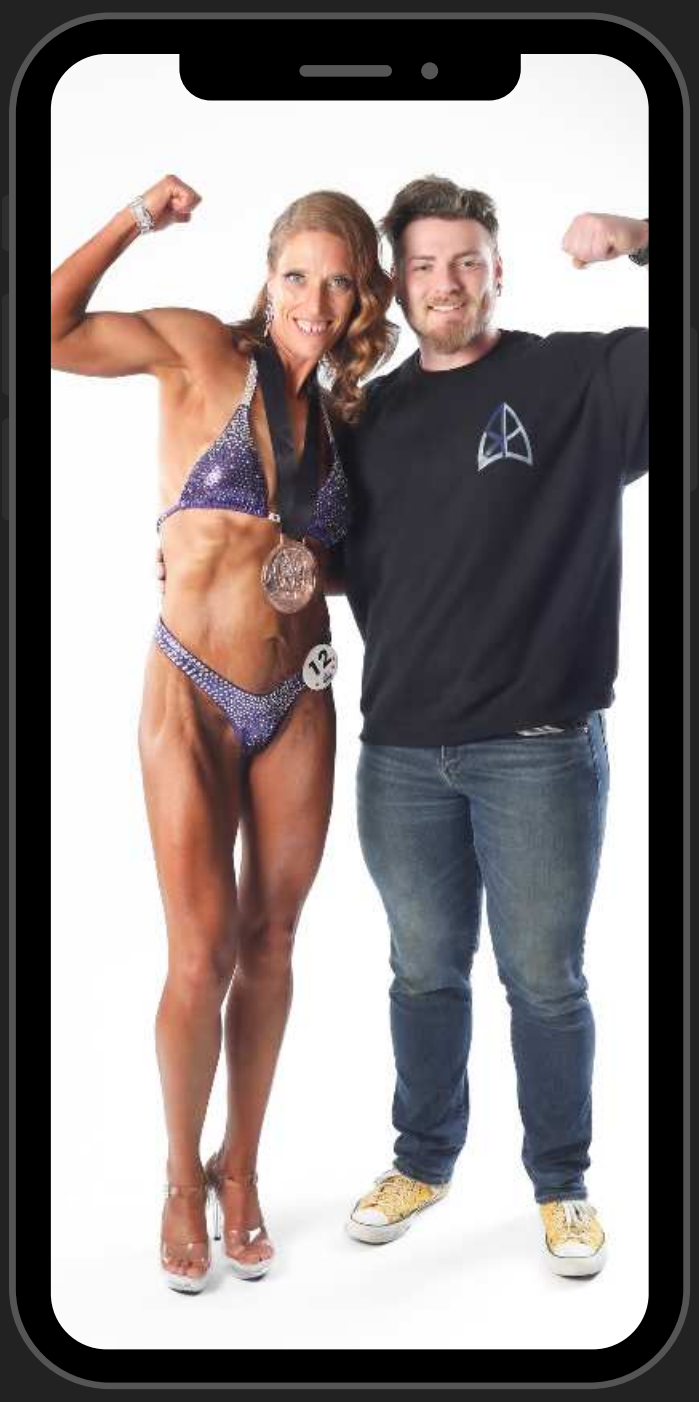
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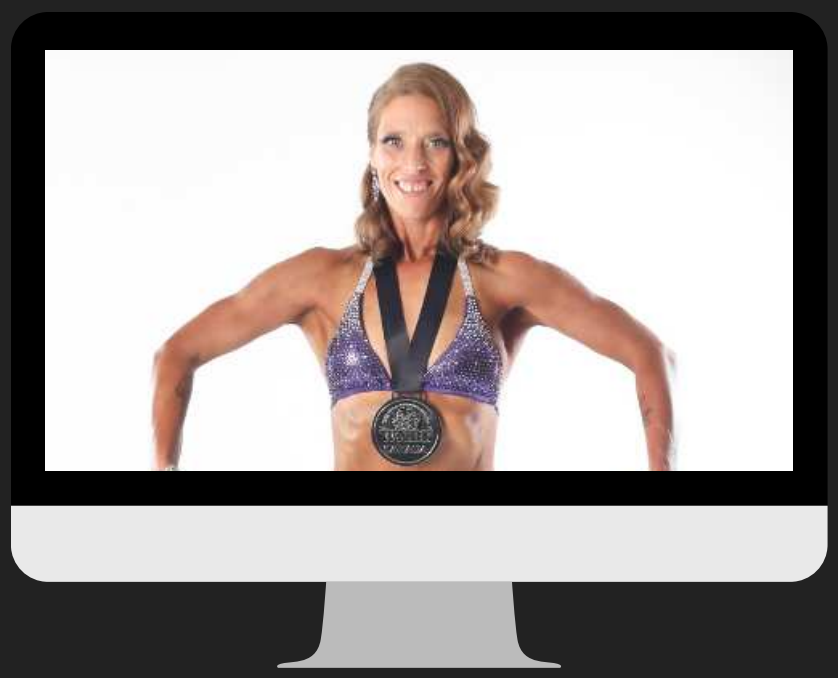
Build in Accountability

Tell a coach, a friend, or even your IG story.

You are more likely to follow through if you know someone's watching.

Vocalizing your intentions can reinforce your willpower and help you get it done.





Nancy lost 33lbs in 16 weeks by vocalizing her goals and working with me 1on1.
We used SMART goals, tracked her daily habits and broke her goals down into baby steps!

Harkin B et al. Does monitoring goal progress promote goal attainment? Psychol Bull. 2016.

PubMed PMID: 26191922

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Want a Custom Plan & Weekly Accountability?

I COACH REAL PEOPLE THROUGH GOAL-SETTING SYSTEMS THAT FIT THEIR LIFE. WE BUILD, TRACK, AND CELEBRATE TOGETHER.

DM ME "GOALS" ON INSTAGRAM @SAGERHYSFIT

I'LL HELP YOU MAP OUT YOUR NEXT 30-DAY GAME PLAN.



