



Goal Setting: Ways To Get Started

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**“Getting Active” Is A
Very Common New
Year’s Goal**

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But How Do We Work Towards That Goal?

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Goal Setting



Types Of Goals



SMART Goals



4 Stages of Habit

Types Of Goals



Process

Based On Specific Actions



Performance

Based On A Personal
Standard



Outcome

Based On A Group Standard

A person with grey hair, wearing a red long-sleeve shirt and black shorts, is in a starting crouch on a sandy beach. They are wearing a blue and black smartwatch on their left wrist. The background shows the ocean and a clear sky. A dark blue rectangular block is in the top right corner of the slide.

Types Of Goals

- ▶ Process
 - ▶ Walk On A Treadmill For 20 Mins Daily
- ▶ Performance
 - ▶ Be Able To Walk 540 Meters During The 6 Minute Walk Test
- ▶ Outcome
 - ▶ Lose 5 Lbs In 2 Months

S

Specific

M

Measurable

A

Attainable

R

Relevant

T

Time Based

SMART Goals

- ▶ Specific
 - ▶ Who, What, Where...
 - ▶ Detailed Statement
- ▶ Measurable
 - ▶ There Must Be A Way To Measure Your Progress
- ▶ Attainable
 - ▶ It Is Within Your Reach
- ▶ Relevant
 - ▶ It Aligns With Your Own Aspirations
- ▶ Time Based
 - ▶ Set A Deadline

Habit Building – 4 Stages of Habit

Cue



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graph TD; Cue[Cue] --> Craving[Craving]; Craving --> Response[Response]; Response --> Reward[Reward]
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Craving

Response

Reward

4 Stages of Habit



Cue

A Trigger



Craving

A Motivator



Response

An Action



Reward

The Goal

4 Stages Of Habit

Negative Habit

- ▶ Cue
 - ▶ Coming Home From An Event
- ▶ Craving
 - ▶ A Sweet Snack
- ▶ Response
 - ▶ Grab Cookies From The Shelf
- ▶ Reward
 - ▶ Satisfies Craving For Sugar

Positive Habit

- ▶ Cue
 - ▶ Coming Home From An Event
- ▶ Craving
 - ▶ To Feel Energized
- ▶ Response
 - ▶ Complete A 5 Min Exercise Series
- ▶ Reward
 - ▶ Feeling Energized

How To Set Yourself Up For Success?



Step 1: Create A SMART Outcome Goal



Step 2: Break Down The Outcome Goal Into 2-3 Separate Process/Procedure Goals



Step 3: Find Ways To Include Cues For The Process Goals Into Your Everyday Life

Sample Goal Setting



Original Goal:

"I Want To Be Active"



Modified Goal(s):

Process Goal: I Will Complete A 20 Min Exercise Video,
3x/Week

Performance Goal: I Will Be Able To Complete 18 Sit To
Stands In 30 Secs

Outcome Goal: Improve Blood Pressure To 130/85 In 2
Months



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Can Achieve
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Any Questions?



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