



SET GOALS THAT ACTUALLY STICK — THE **SMART** WAY

Good To Go Fitness — Before we build your program, let's build your goal the right way. A goal that's just "get in shape" is hard to chase. A SMART goal gives us something specific to train toward, measure, and celebrate. Here's how we'll shape yours together.

S

SPECIFIC

Name exactly what you want and why it matters. "Lose weight" becomes "lose 15 lbs of fat to feel stronger playing with my kids." The clearer the target, the easier it is to build a program around it.

M

MEASURABLE

We track numbers that don't lie — body weight, waist measurement, reps, weight lifted, or a DEXA scan for body composition. If we can measure it, we can prove your progress in black and white.

A

ACHIEVABLE

Big goals are great, but the plan has to fit your real life — your schedule, recovery, and current fitness level. We set targets that stretch you without setting you up to fail.

R

RELEVANT

Your goal should connect to what actually matters to you — more energy for your grandkids, staying independent as you age, feeling confident, or performing better in your sport.

T

TIME-BOUND

A deadline turns a wish into a plan. We'll set a target date — 8, 12, or 16 weeks out — with check-ins along the way so we can adjust before you ever fall off track.

A GOAL WITHOUT A PLAN IS JUST A WISH — LET'S BUILD YOUR PLAN, TOGETHER