



New Year's Fitness Goal Planner

Welcome to your **2025 Fitness Goal Planner**! Setting clear and realistic goals is the first step to achieving lasting success. This planner will guide you through creating, tracking, and achieving your fitness objectives using evidence-based strategies.

Step 1: Define Your Vision

Take a moment to reflect on what you want to achieve this year. Be specific, and think about how your goals align with your broader vision for your health and well-being.

1. What does success look like for you in 2025?

Example: "I want to feel stronger, have more energy, and improve my flexibility so I can play with my kids without being in pain."

2. Why is this important to you?

Example: "Staying active allows me to live pain-free and enjoy my hobbies as I get older."

Step 2: Set SMART Goals

SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Use the template below to set one primary goal and 2-3 smaller goals that support it.

Primary Goal:

- **Specific:** What exactly do you want to achieve?

Example: *"Lose 10 pounds and improve my strength."*

- **Measurable:** How will you track progress?

Example: *"Measure weight weekly and track strength by increasing weights in deadlifts."*

- **Achievable:** Is this realistic for your current fitness level?

Example: *"I'll focus on consistent progress over 12 weeks."*

- **Relevant:** Does this goal align with your broader vision?

Example: *"Yes, because improving strength supports my long-term health."*

- **Time-bound:** What is your deadline?

Example: *"By April 1, 2025."*

Supporting Goals:

Examples:

- 1. Increase strength by adding 5 pounds to my lifts every two weeks.*
- 2. Commit to 3 strength-training sessions per week.*
- 3. Prepare balanced meals to meet my daily protein target (1.6-2.2g/kg body weight).*

Step 3: Plan Your Actions

Behavioral research shows that breaking down goals into daily and weekly habits improves adherence. Use the table below to organize your action plan:

Daily Actions	Weekly Actions
<i>Drink at least 8 glasses of water</i>	<i>Meal prep for the week on Sunday</i>
<i>Stretch for 5-10 minutes a day</i>	<i>Complete 3 strength workouts</i>
<i>Log all meals in a tracking app</i>	<i>Evaluate progress and adjust goals</i>

Habit Stacking:

Make building new habits easier by integrating them into routines you already follow. This technique, called *habit stacking*, pairs a new habit with an existing one.

- Example: "After I brush my teeth in the morning, I will do 10 bodyweight squats."
- Example: "While waiting for my coffee to brew, I will do 2 minutes of stretching."

Step 4: Overcome Barriers

Anticipating obstacles and creating solutions helps you stay on track. Fill in the table below:

[illegible]

Step 5: Track Your Progress

Self-monitoring is one of the strongest predictors of fitness success. Use the table below to track your weekly progress:

Week	Weight	Workouts Completed	Improvement(s)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Step 6: Celebrate Milestones

Celebrate small wins to stay motivated. List non-food rewards you can give yourself:

Examples:

- New workout gear.
- A massage or spa day.
- A day off to relax and reflect.

Evidence-Based Fitness and Nutrition Tips

- **Strength Training for Longevity:** Studies show resistance training improves bone density, muscle mass, and functional strength—all critical for healthy aging.
- **Progressive Overload:** Gradually increasing weight or reps in your workouts ensures consistent gains. You can alter other variables as well (sets, tempo, etc.)
- **Protein for Recovery:** Aim for 1.6-2.2g of protein per kilogram of body weight daily to support optimal muscle repair and growth. To convert lbs to kgs, divide your BW in lbs by 2.2.
- **Habit Stacking:** Integrate new habits into existing routines for better adherence. For example, stretch while watching TV or do calf raises while brushing your teeth.
- **Consistency Over Perfection:** Small, consistent actions have a bigger impact than sporadic, intense efforts. There is no need to “compensate” for a bad day, just get back on track as soon as you reasonably can.

Parting Thoughts

"Success is not final, failure is not fatal: It is the courage to continue that counts." –Winston Churchill

"The only limit to our realization of tomorrow will be our doubts of today." –Franklin D. Roosevelt

"Do not judge me by my success, judge me by how many times I fell down and got back up again."
–Nelson Mandela

Achieving your fitness goals isn't about perfection—it's about progress. Setbacks are a normal part of the journey and provide valuable learning experiences. Each attempt that doesn't work is just one step closer to discovering what does, as long as you keep moving forward. With a clear plan and consistent effort, you'll not only reach your 2025 goals but also build habits that last a lifetime.

Let's make this year your strongest yet! 🍊 If you'd like extra guidance, contact **LaChance Fitness Training** for personalized support.

✉️ Visit lachancecpt.com to learn more, or email lachancecpt@gmail.com!

