

## "Pop" Challenge #1: Goals Challenge

For this first “Pop” challenge, we are going to learn about setting goals. We all decided to sign up for this challenge because we have goals and now it is time to write down those goals and plan on how you are going to achieve them. Planning and knowing your exact goals, will help you reach them.

SMART goals are designed to set you up for success. They should focus on what you want to improve and include enough details to clearly show if you are successful or not.

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress toward the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant to your life purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

I would like you to choose at least 3 goals for yourself throughout this contest. More if you have more! They may be weight, exercise, or nutrition related. Some may be 12 week goals, some may be 4 week goals. It is up to you. Please give it some thought as this is done to help you. Setting those short term goals, gives you something realistic to aim for in a certain time frame. This helps you keep on track and also helps you find “wins” along the way when your ultimate goal may take a much longer amount of time to reach. Think about things that hold you back when you have tried to reach these goals in the past and what you can do to hold yourself accountable and stay on track this time around. For instance, if you snack in the evenings and take in a lot of calories then, maybe your goal is to not eat after 7pm. That is something you could stick to for the entire 12 week contest. How are you going to track this? Will you create a daily checklist? Another goal we all have is weight loss. If you know you want to lose 24 pounds, maybe you set 3 monthly goals of losing 8 pounds a month. You would then set the accomplished date, to those 3 dates. 8 pounds by Dec. 2nd, 8 more pounds by Jan 6th , etc. How will you track your progress for that? How will you hold yourself accountable?

You must fill out the smart goals sheet I created for at least 3 goals for the contest. Please be specific as this is designed to help you! I will have this challenge ready to pick up during your initial weigh in, but you may also print off this sheet created for up to 6 goals or pick one up from the biggest loser box next to the scale. It can be found on the biggest loser website under challenges. **This must be filled out and returned to the biggest loser box or a PDF emailed to me by Tuesday, Nov. 12th.** You will not get this sheet back, so make sure you keep a copy for yourself. Each person who participates gets 3 points for their team. Remember, because teams are uneven numbers each team’s points are represented by a multiplier based on 10. So, a team that has 10 people, 1 point = 1 point. For teams that have more or less than 10, a multiplier is used based on the amount of people over or under 10. For example, a team that has 8 people, 1 point = 1.25 so the total number of points on any given challenge is multiplied by this number (and then rounded). This makes it fair for all teams to earn the same amount of points regardless of how many people are on a team.

**If everyone on your team completes this challenge, your team will receive an extra 5 points!**