

Strength Class

Goal setting

If you are prepared to do some planning and prep, you will get better results from the programme. I want you to think about things that you are currently not able to do, that you might like to be able to do by the end of the 10 weeks. I want you to think about how different your life could look and feel in 10 weeks if you really put your mind to this programme and start to work on your strength and fitness.

There are a whole bunch of great things that can change when you put your mind and body to the task! It can be useful to do a brain-storm of ideas before you narrow down your specific goals. Think about what you would like to be different, and then begin to hone it down until it becomes something tangible that you can see progressing week on week.

Positive language

When we set goals we set them in a positive frame, for example

- By week 10 I will be able to ... get out of a chair without needed help or using the arms
- By week 10 I will be able to ... get off the floor without struggling
- By week 10 I will have ... walked 200m unaided

Use the table set out below to complete your goal setting to focus your mind and body for what you want to get out of the next 10 weeks. We will break the goals down into smaller chunks so that you have some interim benchmarks to aim for and achieve.

Benchmarks

Our WEEK 1 begins on Tuesday 17th September thus the benchmark dates are mapped out below:

14/10/19	By the end of WEEK 4 I will be able to By the end of WEEK 4 I will have
04/11/19	By the end of WEEK 7 I will be able to By the end of WEEK 7 I will have
25/11/19	By the end of WEEK 10 I will be able to By the end of WEEK 10 I will have