Your Fitness Mission Q&A

The first step toward accomplishing your health goals is to construct a mission statement — one that outlines who you are and where you want to go. Here are a few questions to get you started.

What do I want to accomplish? (Compete in an adventure race, gain 10 pounds of muscle, cross-country ski competitively.)

By when do I want to accomplish this goal?

Why do I want to accomplish this goal? (Try to list at least 10 reasons.)

What are my physical strengths and abilities? (I'm flexible, have endurance, good coordination, solid strength, decent body confidence.)

What activities do I enjoy? (Team sports, solo sports, endurance events, outdoor adventures.)

What activities have been effective for me in the past? (Pilates, strength training, martial arts, dance.)

What recurring injuries or pain do I have?

How much time during a week can I dedicate to exercise? When can I fit in those workouts?

Who can help me accomplish my goal? (Friends, family, coworkers, a support group, a professional trainer or coach.)

What official events can mark my progression toward my long-term fitness goal? (Races, tournaments, competitions, group races or rides.)

Five years from now, what would I like to have accomplished? How do I want my body to look, feel, perform?

What will I need to keep track of in order to see progress? (Protein and veggie consumption, weight lifted, physical measurements, body-fat percentage, miles run or cycled.)

What are some daily strategies I can incorporate to support my progress and overcome known obstacles?

My fitness mission is: