

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

TEN MINUTES TO PLAN YOUR NEW LIFESTYLE

This week's focus: Writing a plan to enable you to achieve your goals. Plans are like maps, they get us from where we are now to where we want to be. If it's a SMART plan, then you will know exactly what you have to do, when, where and how! Once we have all this information we are a step closer to achieving our goals.

Why is it important?: A proper plan makes our goals achievable it is the blueprint to our success. Following a strong well thought out plan, will guarantee your success.

What will we tell you?: How to construct a plan that will see you achieve you goal.

- 1 Get real** – understand where you are now and where you want to be, then work backwards, so that you understand the steps that need to be taken and by when to ensure you hit your targets. What is the correct method? Ensure you are putting your energy into the right one.
- 2 The devil is in the detail** – Make sure you know exactly how far off your end date is, in days or weeks, and what interim milestones might you need to set yourself to stay on track. Get right into the nitty gritty – what do you need to achieve each week, to make sure that you hit that end goal. Get specific about the sorts of foods you will eat, the portion sizes, to hit a weight loss goal, or the specific training sessions you need to be completing to hit a fitness goal.
- 3 Hold yourself accountable** – make sure you have some form of accountability in your plan – and use it!! Don't jib on the accountability because it just detracts from your goal, and gives you permission to continue to under-perform. Accountability might be to weigh each week, or a measure of fitness, or a measurement of your body parts, it might even be something as simple as a tick on a plan to say something is complete – use it to keep you focused and on track.
- 4 Sacrifices** – consider what you will and will not be prepared to sacrifice when putting your plan together – this might be a particular food, family time, commitments at home, work or elsewhere. If we don't take these into consideration when planning, we will fail because these 'non-negotiables' will get in the way of achieving what we want.
- 5 Plan for the unexpected** – there may be occasions when we get thrown off track or something comes up and we miss a training session or are stuck with only poor options of food that don't align with our goals. Have your back up plan ready for these occasions – plan ways to claw back some calories (weekender plan), or put some wriggle room in your training schedule for when the unexpected occurs.

KEY MESSAGES

A clear and well-constructed plan will be instrumental in your success, so examine your current goal and have a go at writing a proper plan. If you don't know where to start ask us!! We can help!! (Also see our example plans overleaf!)

Make sure it's clear and easy to follow, and you know how you will follow through with it – leave nothing to chance. January is the perfect time to refocus our efforts on what we want to achieve, so let's give ourselves the best chance at success.

EXAMPLE FITNESS PLAN FOR 18TH JAN TO 13TH MAY

I want to be able to walk 20 miles comfortably over rough terrain, to be able to participate in the route 66 event on 13th-15th may.

Step 1 - I will walk 3 times a week - 2 nights a week and one day at weekend - Tuesday, Thursday and Sunday, to my training schedule. My routes will include woodland trails and hills.

Step 2 – I will attend a Be Strong session and take part in the HIIT session each week - Wednesday (6.15pm)

Step 3 – I will hydrate with water and keep a check on my calorie intake.

The training schedule should then detail the distance to be covered on each walk, gradually building up to near to the maximum distance to be walked as part of the event. Walking routes would need to be drawn up or researched. And other responsibilities and commitments should be considered e.g work, holidays, childcare etc.

EXAMPLE WEIGHTLOSS PLAN FOR 18TH JAN TO 1ST MAY (14 weeks)

I want to lose 1.5 stones by the first week in May, for my birthday weekend.

Step 1 - I will eat to my calorie allowance of 1300 calories every day without fail, by tracking the calories consumed exactly in my [meal tracker](#). This will allow me to lose 1 - 2lbs a week

Step 2 - My breakfast will be no more than 260 calories, my lunch will be no more than 390 calories, my evening meal will be no more than 390 calories and my total snacks throughout the day will be no more than 260 calories.

Step 3 - I will get weighed every week at Be Strong, to make sure I am on track. If i don't hit my expected weight loss over a month, I will reflect on my performance and make tweaks where necessary.

Further detail should then be gathered on what suitable meals and snacks would be, based upon their calorie content, and you really enjoy. You could also write a meal plan or use the list of suitable meals and snacks as a menu.