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Weight Loss Goal Setting - Stretch Targets Definition And Use

When trying to lose weight motivation is crucial. Weight loss goal setting is an important aspect of this. Setting goals that are challenging allows you to improve exercise and eating habits consistently. Goals assist you to maintain focus as you attempt to achieve your target weight. Without goals and planning, you're setting yourself up for failure before you even start. Take time to create a series of goals leading to a stretch target to assist in meeting your fitness goals.

Stretch Targets Definition

What are stretch targets? Stretch targets are goals aimed at challenging you, goals that will stretch you beyond your normal limits. When creating a stretch target, you should plan a goal that you believe is out of reach, then set smaller, more achievable goals as milestones to help you work towards your stretch goal. Example, if you don't exercise, you create a goal of competing in a triathlon in six months. Or maybe you struggle to lift 30 pounds, your stretch target could be to lift 100 pounds in six months. After setting these seemingly impossible goals, you then set smaller goals to mark your progress.

Weight loss goal setting is essential when you want to make lifestyle changes leading to a fitter life. In fact, goal setting is pivotal to making lifestyle changes for any reason. Create your stretch target, then create more achievable goals that lead to it. If your stretch target is to run a marathon, one of your smaller goals could be to begin walking every day, interspersed with short bursts of running (i.e. intervals). Over time, increase the amount of time spent running. Maybe you start out walking for five minutes then running for two minutes, two weeks later it could be walking for two minutes and running for five. four weeks later you could be walking for five minutes and running for 15 etc. By achieving these mini goals, you will eventually build up to running a marathon.

Make certain to encourage yourself for each achievement. As you create each goal, specify a small reward for achieving it. Specify a large reward for achieving your target goal. This provides small incentives as you work toward your stretch target. Many people require some kind of instant gratification to maintain motivation. These rewards provide exactly that.

Goals are essential to any kind of permanent lifestyle change, and weight loss is no exception. Setting goals leading to your stretch target is a great way to encourage motivation. Inform others of your goal, this way you become answerable to someone for achieving them and they can encourage you along the way. With dedication and hard work, you can achieve your goals faster than you might expect. Be certain to select a goal that is important to you, that in itself helps keep you motivated to work towards it. focus on how proud you and your family will be when you finally reach your ultimate goal. Congratulations! You're working towards a better life.

This post does not constitute medical advice nor should it be substituted for professional medical advice. This post titled "Weight Loss Goal Setting - Stretch Targets Definition And Use" is intended for informational purposes only.

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