

### Introduction

Getting started with running has more to do with running consistently than running fast. This cheat sheet has been made to help you set long term and short term running goals, as well as behaviours to help you achieve these goals.

### SMART Goals

Your short and long term goals we mentioned above also stick to the SMART process, where they are:

- Specific
- Measurable
- Achievable
- Relevant
- Time Based

### DISCLAIMER

Please make sure you are being safe in all aspects of your training and running. Please use appropriate safety equipment when needed and ensure you consult a Doctor if you are unfit or have not recently taken on a physical fitness program recently.

### Your Long Term Goal

Eg; Run a half marathon by April

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We have set up this cheat sheet to put one long term goal per sheet, to then note your short term goals to reach this long term goal.

### Short Term Goal - 1

Eg; Start regular run training

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\_\_\_\_\_

We have give your room to put four short term goals for the long term goal you want to achieve.

### List of behaviours

Eg; 20 day running habit cheat sheet

- 1
- 2
- 3
- 4
- 5

We've provided room for 5 specific behaviours you can note to help you achieve your short term goals.

### Short Term Goal - 2

Eg; Run non stop for an hour by December

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\_\_\_\_\_

### List of behaviours

- Eg Start running 5 times per week
- 1
- 2
- 3
- 4
- 5

### Short Term Goal - 3

Eg; Run non stop for an hour by December

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\_\_\_\_\_

### List of behaviours

- 1
- 2
- 3
- 4
- 5

### Short Term Goal - 4

Eg; Run non stop for an hour by December

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\_\_\_\_\_

### List of behaviours

- 1
- 2
- 3
- 4
- 5

### Summary

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