

# Achieve Your Shape Up Goals by Remaining Motivated

It can be difficult to stick to health- and fitness-related goals. Set yourself up for success by following these four steps to ultimate motivation.

1

## Create S.M.A.R.T. goals

Make sure any goal you set is "S.M.A.R.T." or specific, measurable, attainable, realistic and timely.

2

## Track your progress and success

Remembering where you started and how much progress you've made is a great way to stay motivated when times get tough.

3

## Surround yourself with peers working toward the same goals

It's much easier to stay motivated when you're around others who are motivated. Team up with a co-worker, friend or loved one to help yourself stay on track.

4

## Remember why you started the journey

Did you want to get healthier? Did you want to be a role model for a loved one? Reflect on the reasons why you decided to sign up for the Shape Up Program in the first place to boost your motivation.

