



Resilience:

"Skill of the Month" Newsletter



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SRC: linda.a.johansen.mil@mail.mil
(801)432-4972

GOAL SETTING

TRUE STORY

ACFT GOAL:
540 OR ABOVE

I achieved my goal of scoring above a 540 on the ACFT by doing the following:

Physical Fitness:

- 2x each week I run at least 3 miles and do sprints each weekend

Nutrition:

- I drink at least 80 ounces of water a day
- I eat 60% clean carbs, 30% healthy fat, and 10% lean protein every day

Attitude:

- 3x a week I spend 5 mins visualizing myself finishing the 2 mile run at 14:40

Balance

- I average 7 hours of sleep each night

Identify, plan for, and commit to the pursuit of a goal which results in more optimal performance, sustained motivation, and increased effort.

Specific
Measurable
Action-focused
Realistic
Time-bound

