At Barbell Logic, we think a lot about goal-setting and productivity. This short workbook brings together some of our goal-setting strategies and applies them to health and fitness goals. Most of these points come from the work of Edwin A. Locke and Gary P. Latham, two pioneers of goal-setting theory and task motivation. Lock and Latham’s research argues heavily for setting difficult and specific goals that will help motivate you to greater and greater accomplishments. Keep an eye on the Barbell Logic website for a more in-depth look at goal-setting strategies. We hope you find this workbook helpful.

*For an overview of Locke and Latham’s work and the source of the following quotations click here.*
OVERARCHING AMBITIOUS GOAL

“[T]HE HIGHEST OR MOST DIFFICULT GOALS PRODUCED THE HIGHEST LEVELS OF EFFORT AND PERFORMANCE.”

Difficult Goals:
• A goal’s purpose is to change behavior.
• Hard goals make you perform better, even if they end up being impossible.

Specific Goals:
• Make goals specific by including dates for completion.
• Work with your coach for strength and fitness goals.
• Competition dates are great for setting deadlines.
SET 3-5 MONTHLY GOALS
HARD AND HABIT FORMING. THESE GOALS ADD UP TO YOUR BIG GOAL.

January 2019:
• Eat Breakfast with Protein Every Day
• 12/12 Workouts Completed
• Sleep 6+ Hours/Night

February 2019:
• Eat 200g of Protein Every Day
• Drink 3 Liters of Water Every Day
• Keep a Paper Training Log
IDENTIFY LEARNING GOALS

“[W]HEN A SPECIFIC DIFFICULT LEARNING GOAL RATHER THAN PERFORMANCE GOAL WAS SET . . . HIGH GOALS LED TO SIGNIFICANTLY HIGHER PERFORMANCE . . . THAN DID THE GENERAL GOAL OF URGING PEOPLE DO THEIR BEST.”

Learning Goals Give You Confidence And a Strategy:

- *Read Chapter 1 of Starting Strength: “Why Strength?”*
- *Memorize the Squat Teaching Progression*
GET FEEDBACK

“FOR GOALS TO BE EFFECTIVE, PEOPLE NEED SUMMARY FEEDBACK THAT REVEALS PROGRESS IN RELATION TO THEIR GOALS.”

Make Your Composite Goals Part of Your “Pace”
- 2-lbs per week on the scale
- Squat 140kg at USSF Nationals
MY STRENGTH GOALS FOR 2019 ARE...
(BIG ASPIRATIONAL GOALS)

__________________________________________
__________________________________________
__________________________________________

As measured by....
(monthly performance and learning goals)

January 2019

Performance Goals

__________________________________________
__________________________________________
__________________________________________

Learning Goals

__________________________________________

e.g. Read Ch.1 of Starting Strength

Summary Feedback
(Did I meet my goals? What worked, what didn’t)

__________________________________________
__________________________________________
__________________________________________

B A R B E L L  L O G I C
MY STRENGTH GOALS FOR 2019 ARE...
(BIG ASPIRATIONAL GOALS)

_________________
_________________
_________________
_________________

As measured by....
(monthly performance and learning goals)

_________________
(month)

Performance Goals

_________________
_________________
_________________

Learning Goals

_________________

Summary Feedback
(Did I meet my goals? What worked, what didn’t)

_________________
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