

# Setting Good, Better, and Best Goals

*Directions: Use the template below to set your Good, Better, and Best 30-Day goal*

<b>Good Better Best Goal-Setting Template</b>			
<b>What is your 30-Day goal? (Be specific, time, measurable, etc)</b>			
	<b>Good</b>	<b>Better</b>	<b>Best</b>
<b>Break it down into Good, Better, Best Goals</b>			
<b>Why is this goal important to you?</b>			
<b>What actions will you have to take to achieve that goal at each level?</b>			

# Good Better Best - Practices

In order to help manage your expectations as a member of TeamQuinnFit™, take a look at the template below to see whether you're more likely to achieve your Good, Better, or Best goals.

The template below outlines your level of commitment to the following categories: nutrition, fitness, and accountability.

What kind of results can I expect?			
	Nutrition	Fitness	Accountability
<b>Good</b>	<p>You "eyeball" your portions or use the palm method for most of your meals each day/week.</p> <p>You dine out 3-5 days a week, even when you order foods that are "healthy." This includes ordering lunch at work, dining out with family, etc.</p> <p>You don't track your meals in MyFitnessPal</p> <p>You stick to 5 oz of protein, 5 oz of carbs, and 1-2 oz of fat for 65% of your meals.</p>	<p>You work out 1-2 times a week.</p> <p>You do your own workouts instead of the ones prescribed to you</p> <p>You spend more time doing cardio than doing HIIT-style workouts</p>	<p>You send daily updates 1-2 x a week</p> <p>You track and input your weight 1-2 x a week</p> <p>You don't attend weekly group calls</p> <p>If you have 1:1 calls, you often miss those</p> <p>You rarely ask questions of the group</p> <p>You rarely ask your coach questions about nutrition, fitness, or any other support you need</p>

<p><b>Better</b></p>	<p>You weigh and measure a majority of your meals (75%)</p> <p>You “eyeball” the rest of your meals (25%)</p> <p>You dine out 1-2 times a week, including lunch at work or dining out with the family</p> <p>You track 75-85% of your meals on MyFitnessPal.</p> <p>You stick to 5 oz of protein, 5 oz of carbs, and 1-2 oz of fat for 80% of your meals</p>	<p>You workout 3-4 times a week.</p> <p>Most of your workouts are HIIT-style workouts prescribed to you</p> <p>You do cardio workouts once a week because it relaxes you.</p>	<p>You send daily updates 3-5 times a week</p> <p>You track and input your weight 3-5 days a week</p> <p>You often attend group calls and ask questions and troubleshoot your sticking points</p> <p>You frequently reach out to the group or your coach with questions about fitness, nutrition or anything else!</p>
<p><b>Best</b></p>	<p>You weight and measure 90-100% of your meals</p> <p>You track 90-100% of your meals in MyFitnessPal</p> <p>You dine out once a week if that much.</p> <p>You always stick to the 5oz of protein, 5 oz of carbs, and 1-2 oz of fat</p>	<p>You complete 4-5 prescribed workouts a week.</p> <p>On days you don’t have a scheduled workout, you do something active like walking, hiking, bike riding, swimming, yoga, etc.</p>	<p>You send daily updates 6-7 days a week</p> <p>You track and input your weight daily</p> <p>You always attend group calls</p> <p>You frequently reach out with questions about fitness, nutrition, etc.</p>