

“Exercise: you don’t have time not to.”

Unknown



Identifying the items you need to bring to the gym ahead of time can seem tedious at first but have numerous rewards in the end. A great deal of work can go into figuring out which items you will need to bring to the gym- goggles, sneakers, bike shorts... the list goes on and on!

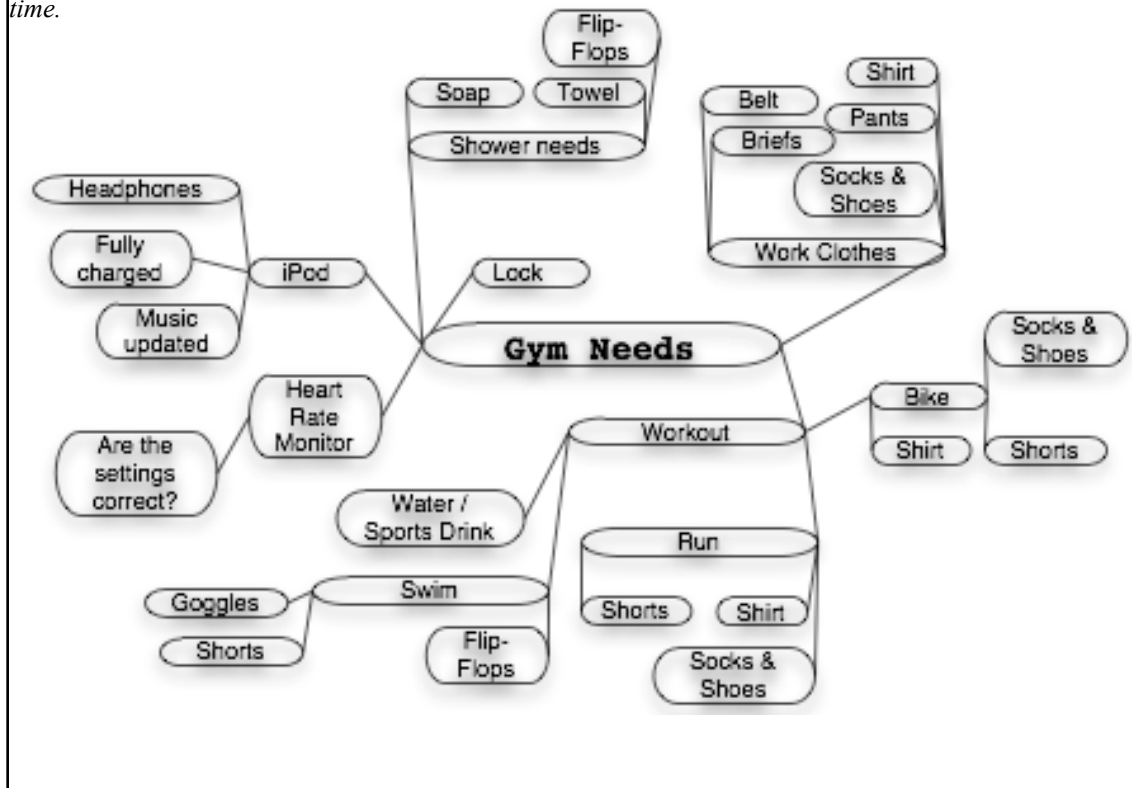
On the following page is a “Gym Needs Objective Worksheet” to show you one example of how to plan out what items will be needed at the gym. This Objective Worksheet walks you through the “Brainstorm, Clarify, Sort” process, giving you a partially filled out template for you to look at and get ideas from.

The third page offers you several questions that you may then use to fill out your own Gym Needs Objective Worksheet.

Spending a few minutes now could increase the number and quality of your workouts at the gym.

Enjoy.

1. Brainstorm (about the objective): Look at the objective from all angles. Think about the beginning, middle, and end. Write as fast as you can, knowing that you can add to the brainstorm at any time.



2. Clarify (the final outcome): Clarify the objective. Define “success”; what will be “true” when this objective is complete. Include a timeframe of six-months or less.

I will identify the tasks needed to be completed before leaving, and the things needed for working out at the gym. This will better prepare me for my workouts and ensure that I have what is needed to support my workouts.

3. Sort (into tasks): List the tasks (that do not have dependencies) and where they can be completed. Limit the time needed to complete the task to 10-20 minutes.

- Home: Decide what my workout goal is (duration, time of day, location and exercise [swim, bike or run]).
- Home: Assemble my workout bag with all “generic” items (water bottle, lock, heart rate monitor, etc).

Now that you have reviewed a pre-created template for determining you'll need at the gym, it is time for you to go through the process yourself. The following page has a blank objective worksheet for you to fill out.

Using the brainstorming trigger-list of questions below, fill out the "BRAINSTORM" section. Then, "CLARIFY" that goal so specifically that you have a crystal clear idea of just what it is you are working to complete.

Finally, "SORT" tasks that are do-able now, listing their location and specifying who is responsible.

Step 1: BRAINSTORM

- Get all ideas out on paper, don't judge or over-think. Remember, *quantity* is desired.

Whose input do I need to complete this?

To whom am I accountable (myself)?

What resources do I have available (what friends can I work out with at the same time, trainers at the gym, internet, books)?

What resources do I need to complete this goal (a new water-bottle, to find swim goggles)?

What will this cost (is there a gym fee, is there a guest fee, do I need to pay for a trainer)?

Who can help me (trainers at the gym, friends to work out with)?

Who will get in my way (friends that don't work out)?

What are some roadblocks that I will face (work commitments, waking up late, family commitments)?

Am I current on my gym membership?

Do I have a workout playlist or cd that I want to listen to while working out?

Am I most successful at working out in the morning or evening?

Are there any classes at the gym I want to participate in?

STEP 2: CLARIFY

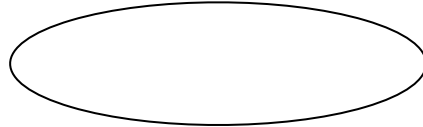
- Define what "done" really means.
- Explain what you want to have happen, and by when.
- Create a statement that defines exactly what you want to come out of your event.

STEP 3: SORT

Identify do-able tasks.

- Gather the do-able tasks from the BRAINSTORM step and write them down.
- Select only the tasks that are not dependent on something else getting done.
- List the context (who, what, where) of the task.

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