

The Mount Mission was a four leg team event held at Mount Maunganui in Tauranga. The event was on the 25th of March 2013. The 4 legs that the event were comprised of were a 400m harbour swim, a 3.6km run around the mount, another 400m harbour swim and finally a 1.6km run up to the top of the mount. The event was a team event. In my team, we had Jack Turpitt swimming the first leg, Cameron Atherton doing the second leg, me doing the third leg and we had to do the final leg as a team. I set a SMART goal of completing the Mount Mission in under an hour and 10 minutes. My team smashed that goal because we finished in 3rd or 4th place with a time of 59 minutes and 59 seconds. We were all very stoked at finishing in under an hour. When I was making my goal, I wasn't sure about the fitness of myself and the rest of my team and at the time, I thought an hour and 10 minutes would be a hard enough goal to attain. I thought we would be hit a lot more by fatigue on our way up the Mount. But we did surprisingly well and smashed our goal. ✓

To achieve our smart goal, we had to write up an action plan and talk about everything that will help us and stop us from achieving our goal. In my action plan, I used several types of training and I tried to do each type an even amount throughout my training so I would be a well-balanced athlete. My well balanced action plan and those of the rest of my team are what aided me to smashing my smart goal. In my smart goal, the training that helped me the most was continuous training in the pool. It helped me the most because I was not swim fit before this event. ✓ I needed a lot of work to get to a respectable fitness level. I did continuous training by doing long uninterrupted swimming sessions. ✓

These helped me get fit because they train your body to utilise oxygen better and get it to your muscles faster. ✓ I got a lot fitter very fast. After just 2 weeks of training, I had improved my 400m swim time from 7:57 to 7:03. And after doing 7:03, I didn't feel too tired. My body recovered very quickly. But when I swam 7:59 in my pre-test, I felt exhausted for a long time. This was a sign to me that after two weeks, I had made massive gains. My continuous training had been working. ✓

Another type of training I did was interval training. I did this to increase my speed. I was fast enough over 2 lengths in the pool. But I needed to get faster. I needed to practice longer sprints so when I got fitter, I would also get faster and I would smash my time by even more. Interval training consists of doing short distance, high intensity and high repetition sets. ✓ It pounds your body into submission. ✓

And over the rest period before your next session, your body recovers and you get faster. The last type of training I implemented was fartlek training. This is a mix of continuous and interval training. It consists of periods of low intensity and then periods of high intensity. This type of training makes your body recover quicker after high intensity work. It makes your body learn how to restore its ATP and ATP-PC stocks faster so you can sprint once again. ✓ I implemented this type of training because it will help me get fitter and faster and train me mentally. It hurt the most because I still had to do sprint periods when I was exhausted and it helped me in the Mount Mission because even when I was exhausted, I pushed through the pain barrier and still tried to go fast. This also helped me

achieve my smart goal. The methods of training I implemented into my action plan were drop sets, forced reps, technique practice and test sets. Drop sets consist of doing your normal workload in a set but then, when you are tired, doing another smaller set. They add a second hit to your body and put it into shock. You are already tired and you are then hit with another exhausting burst of exercise and it makes your body learn to recover faster and learn to handle more stress. I did this because in the mount mission, the swim was 400m. But it consisted of two 200m swims. And my body was tired after the first 200m so doing drop sets made my body more ready for the second wave of hurt. ✓ It helped me achieve my smart goal because I swam faster and helped me smash my goal time. They are called drop sets because you drop the distance or weight of the first set but

uphold or even improve on the intensity. Forced reps are exactly what they are called, forced reps. they consist of doing one or more extra repetitions even when the body is already exhausted. They may be done with incorrect form but they are done to add that little bit of extra kick to the end of the workout. The aim is to push your body past the point of exhaustion and training even harder than what the event will be. I did technique practice because I felt that my technique could improve. I felt that I used excess energy while swimming and I needed to swim more streamline to reduce drag. Reducing the drag would make me swim faster and save more energy. I also didn't kick much when swimming and I wanted to kick more just for the extra speed. I did technique practice to make waste less energy while swimming and improve my technique so I could beat my SMART goal. Lastly, I did test sets to make sure I was improving. At the end of each week, I would do a 400m swim test to make sure I was getting faster over 400m because that's how far I was going to be swimming in the Mount Mission. And I would also do a 50m swim speed test to make sure I was also getting faster at swimming. Because if I wasn't then I would do more sprint training the next week and hopefully that would make me swim faster in my 400m test. I did the test sets at the end of each week because we had sport science in the morning at the end of each week and I wanted to make sure I wasn't tired for my swims so I could get an accurate time and also because I wanted regular intervals between test sets. When writing my training program, I used FIDOSAR. Frequency, Intensity, Duration, Overload, Specificity, Adaption, Recovery. I wanted to train more than 3 times per week because doing 3 trainings per week, maintains current fitness levels. Doing any more than three makes you get better however slow. I wanted to train with as high intensity as possible over the distance I was swimming. If it was a 600m swim then I would go about 60% of my top speed the whole way and over the last 2-3 lengths, I would just go as hard as possible to really get the burn on that I wanted, the burn that would increase my cardio vascular fitness. I wanted high intensity sessions so that I did not plateau in my training and so I could continuously get better and smash my SMART goal. I wanted to make my sessions as long as possible in the time I had given. I wanted to use the whole duration of the period to train. I needed a long time for continuous training because if it is a short session, then it does not get time to really make the body start to work. I did over load training in my sessions like forced reps, I went harder than what my body was used to and I went harder than I would in the actual Mount Mission just so my body would be able to handle the stress in the event and I would smash my SMART goal. I specifically made my training programme for the Mount Mission. In the mount Mission, I do a 400m swim then a 1.5km run. I tailored most of my training program towards swimming, but then I started to realise that I would have to also incorporate some running into my program or else I would not be able to make it up to the top of the mountain. I made my program specific to my leg of the Mount Mission also. I started to do high intensity swimming sessions and then I would do sprints after that to simulate the power required to run up the Mount. Muscles have memory and the body adapts very quickly to work outs if you do them continuously and do not change them. To fight this, I used a mixture of continuous, interval and fartlek training as well as drop sets, forced reps, technique practice and test sets to make sure my body did not adapt to my training program and to make sure I would get better so I would achieve my SMART goal. Lastly, my body needs adequate time to recover so if I did a very high intensity swimming session the day before, and I was still sore, I would do some running that period so that my body could recover and repair. And also so I didn't over train or tear any muscles. I also tried to make sure I got adequate sleep ever night because I wanted to let my body recover as much every night as possible so I could have a very high intensity session the next day and improves my overall swim fitness and achieve my SMART goal. Although I had put all of this thought into my

action plan, I still had problems arise that my sessions were too short, my first few sessions were too short and also didn't feel like enough of a workout. To fix this, I added another couple of my sets to my session and I also went a bit harder throughout the whole session to increase the intensity and make me get the best workout possible. I also needed to add more running into my sessions. I had no running what so ever and because I am doing the 3rd leg of the event, I was going straight from the swim to the run and I needed to practice running in a fatigue state. So in the second half of my sessions, I started to do a lot more running. I think that this running really helped me. My body would have not been able to handle making it to the top of the mount after the swim if I had not done some high intensity running after long swimming sessions. It helped me achieve my SMART goal. Also, we ended up doing an extra week of training due to some of the people being away on the day of the Mount Mission's first scheduled date. To fight that, the Mount Mission was moved back a week which gave everyone an extra week of training. I followed my first weeks training program. But I added in a lot more running. Also, so I would not be too fatigued and tired by the end of the week, I made my sessions less intense as the week went past because I wanted to save energy but keep my fitness. I also focused a lot more on my warm ups so that I was very limber for when I did my sessions and did very good warm downs so my muscles were never tight and I always felt like brand new when my next session arrived. ✓✓✓

While doing my training sessions, I came across many things that aided me into pushing past my barriers and simply training harder. These things enabled me to train better. I found that while I was swimming, goggles were the best thing to use. They enabled me to see under water. In wearing goggles, I did not have to open my eyes under water and get sore eyes. They also enabled me to see under water and help me gauge when to turn around and how far it is till the end of the pool, so I could sprint or not. Goggles helped me swim faster. The shape of goggles is designed to be streamline, the goggles made me swim a tiny bit faster because they reduced the drag of me against the water so I could use more energy for going fast rather than overcoming the drag. They also helped me swim for longer because if I wasn't wearing goggles I would have got sore eyes and hoped out early stopping my training session short and not getting the maximum benefit from my training. Goggles helped me achieve my smart goal by enabling my to swim for longer and faster and helping me gauge distances under water so I knew when to sprint or when to turn. Goggles enabled me to swim faster in the actual Mount Mission event also because we swam in the harbour, it was salt water and salt water really hurts my eyes. We had to swim a straight course and I could not open my eyes under water so I wore goggles to make sure I was swimming the right way. This saved me time by enabling me to keep swimming rather than standing up every now and then to make sure I was going straight. Goggles helped me swim faster in the Mount Mission because they enabled me to swim straight and save time helping me to achieve my SMART goal. Another enabler was a stop watch. I used a stop watch to time myself doing test sets. It was paramount that I used a stop watch or other timing device so that I could time myself. By timing myself I got to see whether I was improving my time or not. The stop watch was a very helpful device because it helped to allow me to see if I was making gains or not. And If I was not getting increasingly faster I needed to change my session plans. Stop watches helped me achieve my SMART goal. I made better use of the stop watch while doing some sets. I would time my first repetition while doing interval training and try and go my hardest to beat that time for the rest of the reps. Stop watches not only helped me check that I was improving, they also helped motivated me to go harder and harder and try beat my times thus making me train harder and help me attain my SMART goal. Another enabler was Andrew. Andrew ✓✓✓

was my training partner for running. He is a bit fitter than me. This helped me because to keep a steady pace that was challenging for him, I had to really push myself and this made me train a lot harder with a higher intensity than if I was running by myself. Andrew is one of my friends and I did not want to disappoint him by running at a slower pace than him and I wanted to challenge myself to get fitter than him so I was motivated to keep up with him in the running no matter how much it hurt. Andrew enabled me to train harder and push new boundaries with my running, which ultimately helped me achieve my smart goal because I got even fitter with his help than I would have by myself. I made better use of Andrew by also giving him sprint races at the end of each session. Because we were going at a pace that he could keep up easier than I could, he had a lot more energy left in the tank at the end of sessions. I would give Andrew sprint races just to make sure I used up all my energy that session. Andrew would usually beat me because he had more energy left than me. Andrew enabled me to push myself to the limits and train to my potential which helped me improve more and beat my smart goal because I became faster and fitter by pushing myself harder at training due to trying to beat Andrew. Mr Wright, my teacher was another enabler. He enabled me to do walk backs which were one length sprint races in which once you have finished, you walk back to the start line and he would then say go. These are a very high intensity type of interval training. The reason they are so high intensity is because you are racing other people and no one likes to lose. So whenever I was doing these, I pulled out the entire stop and made sure I swam my fastest to try and beat everyone. I also wanted to get the best work out from it as possible. Mr Wright, being the starter for walk back enabled me to push my limits in terms of speed and get faster in the pool which helped me achieve my Smart goal because my speed increased in the water and I did a very fast swim. Shoes also enabled me to run faster because they supported my ankles and aligned my Achilles tendon so there was less stress on my joints. This enabled me to run faster because my feet felt more loose and my technique was better. They also enabled me not to injure my feet. I could have cut my feet on anything from glass to sticks if I had run in bare feet. Shoes enabled me to keep my feet safe and run faster helping me to train better and achieve my SMART goal. These enablers all helped me reach my SMART goal in their own way. ✓✓✓

I also came across many things in my training that came across as barriers but I had to overcome them for my training to continue and for me to succeed in achieving my SMART goal. The main barrier I came across in my training was having sore muscles. I do my own work in the gym 5 times a week so I constantly had sore muscles. On the days where I had sore deltoids, latissimus dorsi, rhomboids, trapezius, serratus anterior or pectoralis major, I really struggled in the pool. I found it very sore to just do freestyle for my warm up, let alone do a whole session. Having sore muscles hindered my progress because it made me a little bit more tired for my sessions and it also made me have a bit of a negative attitude because I was sore and I did not want to train while I was sore. ✓✓ Having sore muscles usually made me have shorter sessions and a lower intensity session because I didn't want to over train those muscle groups or rip them. In terms of how it affected my training, I think they hindered my swimming fitness training but improved my power in the pool because those muscles were getting stronger. But having sore muscles while training made started to make me see less gains. Over the week that I had sore muscles the most, my times for my 400m swim did not improve because I wasn't training properly and I quite often opted to go for a running session rather than a swimming one and then I got no swimming training in what so ever and I did not improve at all in the pool. Having sore muscles hindered my training progress by making me not train at all or making me train with a lower intensity and a negative attitude so I was not getting the full benefit

out of my training. To overcome this, I made sure I warmed down properly after my weights sessions to try and make my muscles not feel so sore the next day. I also made sure I warmed up as well as I could before I trained to try and go easier on my sore muscles. Lastly, to overcome having sore muscles, I would do technique practice in the pool like kicking, or doing something that would not use my sore muscles so I could still make the most of the time I have and improve as much as I could in the short time that I had available. In the end, having sore muscles may have even helped me achieve my SMART goal because I had to use other methods of training and train parts that I had previously been neglecting and that helped me achieve my goal. Another barrier I came across was chaffing, I quite often got chaffing while running after intense swimming sessions. I got chaffing because I was wearing loose shorts and once they got wet, they rubbed against my skin and left a rash. The session after I got chaffing, I had to swim and I had to just use my arms because the rubbing of my legs together was activating the chaffing which was quite sensitive. This hindered my training because I still needed to practice kicking. I did not kick enough in the pool and I had just started to kick more but when I got chaffing I could not practice that and it made me slower at swimming. I could also not run with chaffing which did not help me because I felt I was improving as much in my run as I was in my swimming. This chaffing meant I could not improve in my running and ultimately would make me do the Mount Mission in a slower time and put me achieving my goal in jeopardy. But to get around this, I swam with just using my upper body. This was good because it gave me a chance to focus on my stroke and also get a bit more power in my arms because I was pretty much just dragging my arms which were a good resistance and made the work load a lot larger for my arms. Getting chaffing also aided me to wear skin tight clothing for the Mount Mission so I would not get chaffing while racing that. To also help me with getting over my chaffing faster, getting around this barrier, I put aloe vera gel onto the chaffing to help it heal faster so I could get back into my regular training and keep running and keep getting better. Getting chaffing taught me the lesson of wear skin tight clothing, made my arms get stronger and improved my stroke, getting chaffing helped me achieve my SMART goal. My last barrier that I had to overcome was that I made my sessions too long. In making my sessions too long, this means that I didn't use up all of my energy. I only used $\frac{3}{4}$ of it and I was left with energy that could have been used to improve my fitness in the pool and make me faster over 400m. It also meant that I missed out on doing key sets like 400m runs after doing a 200m swim. It meant that I did not get to do any running training in at the end of a session to make my body get used to running in a fatigue state or make me fitter. Making my sessions too long hindered my progress by making me miss out on key sets of running and swimming which made me less fit and would make my time for the mount mission a lot slower. It also meant I didn't train with the intensity I wanted because I planned my session to use x amount of energy per set. This meant in the mount mission, my body would not be used to the stress it would be going through and mentally, I would not be able to handle the pain I will be going through and I might have given in to the pain. Making my sessions too long also made me not as fit because I hadn't trained as hard. To get around this, I made my sessions shorter so I would use all my energy and train to my full potential and get mentally tough enough to do the Mount Mission without giving into the pain. I would also sometimes do another training session at home just to expend that extra energy and do the last vital sets that I missed just to make sure I was getting fitter and better. This was beneficial because it forced me into self-motivation. I had to go on my own will and train by myself in my neighbour's pool for 45 minutes just to make sure I got the full training in. To get around the barrier of having too long sessions, I shortened other sessions to make sure that I went 100% intensity and got all of my sets done; I also did any extra sets at home and had to self-motivate

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myself which is something that is hard to do. Self-motivation helped me achieve my SMART goal because I trained at home the sets I left off and some extra ones making it an extra training session and more fitness making me faster in the pool therefore making me do the Mount Mission faster and blasting through my goal.

My SMART goal was to complete the Mount Mission in less than 1 hour and 10 minutes. This goal was a SMART goal because it was specific; I wanted to complete the Mount Mission in Tauranga in less than 1 hour in 10 minutes on the 5th of March 2013 with Jack Turpitt and Cameron Atherton. It was measurable because I was able to track my progress with the 400m swim once a week and make sure I was getting better. I was able to measure how much I was improving and make sure I was on target to achieve my SMART goal. It was achievable because it was an average time to complete the Mount Mission in. But at the time I set the goal, I was unsure of my team's fitness and skills. I thought that 1 hour 10 minutes would be quite a hard goal for us to reach but not too hard if we trained to our full potential. It was realistic because I did have the equipment and time to train that I needed in order to improve enough to attain my SMART goal. I had a pool, an athletics track, flippers, weights and many other things that I utilised to help me train better and get fitter and faster quicker. I also had a time frame. I had to achieve this goal by the 26th of March because that was the day after the Mount Mission and it wasn't done by then, it wasn't going to be achieved because the Mount Mission was a onetime event. In terms of achieving my goal, I did. I smashed it. The time I finished the Mount Mission in with my team was 59 minutes and 59 seconds. This time was a whole 10 minutes faster than my goal time, which I thought would be hard enough. I fully achieved my goal. I achieved my goal because it was a SMART goal and I took the proper steps to planning it. It was well thought out and attainable. I also made an action plan that I implemented and constantly changed to make sure I was always improving. The rest of my team also did this. In combination with very high intensity workouts, our action plans helped us to achieve our goal. Also, on the day we warmed up very well. The warm up made sure that we did not pull a muscle while we were swimming or running so we could continue and run up the mount. It also meant we were warmer and more limber and just ready to go when it was our leg. The weather was warm so it was a good day to complete the Mount Mission. We had very good transitions and we helped each other up the mount. We worked as a team. There were a couple of times where we started walking up the mount but we didn't give up, we egged each other on and just kept running. I think our team spirit and will to get to the top of the mount in a good time was what drove us to having such a good time and easily smashing our SMART goal. We also made sure we ate the right food that morning the day before. We had whole unrefined carbohydrates to give us pure clean energy when we needed it to make sure we wouldn't run out of energy and maybe even give us a second wind by getting stored glycogen pumped into our blood for an energy boost. We also got adequate sleep the night before, we made sure that we did not go to bed or stay up late because we didn't want our bodies to be in sleep mode when we started the Mount Mission. We wanted to be as ready as possible and as eager to run. Having the right nutrition, enough sleep, determination, a team spirit and a rigorous training regime was what made my team and I achieve my smart goal of completing the Mount Mission in 1 hour and 10 minutes. ✓✓✓ Repeated from first page ish.

If I were to complete the Mount Mission again, I would follow my original training program more and do more swimming. I think that started to lean towards doing more running in the last two weeks of training. And in these two weeks I got worse in my 400m swim test. I peaked at swimming at the end of the second week of training and the last two weeks I just went downhill in terms of

fitness. In the second two weeks, I lost pretty much all of my swimming fitness because I was just doing running. The last 400m test I did was 7:56, 1 second slower than my first one and 53 seconds worse than my best. If I had continued to train hard in the pool the whole time, I would have made extraordinary speed increases. But I chose to run. This did help me. But I don't think I needed to do as much of it as I did. And the amount of time I made up with my running fitness was probably not as much as the amount of time I lost with my swimming fitness going downhill. My swimming fitness decreased because I was not swimming and you have to do three trainings a week to maintain current levels, anything less makes you lose fitness and I was only doing 1-2 trainings in the pool a week. This made my swimming fitness slip and could have stopped me from achieving my SMART goal so I would do this differently and do some more swimming. If I could do this again, I would get Josh Mayo as my swimming partner. He could swim a lot faster than me so having him as a partner would drive me to go harder and push the boundaries. It would really make me improve a lot faster. It would have made me achieve my SMART goal even easier. It would have also made me do more swimming sessions because I would want to swim more rather than go off and train with someone else. If I had Josh Mayo as a training partner in the pool, I would have trained harder and got fitter and faster and achieved my smart goal even easier. If I were to repeat anything that worked really well, I would repeat my long continuous training session. I found these sessions of doing 600m repetitions in the pool to really help me get fitter. I felt they were the reason I improved so much in the first week. I almost felt fitter by the end of the session. They were quite hard so along with making me fitter and swim faster, they made me mentally tough. I could handle the pain that would be thrown at me in the Mount Mission. Doing long continuous training sessions is an action I would take again because I found that they almost instantly made me fitter and faster in the pool and they made me mentally tough, these two things both contributed to me smashing my SMART goal with ease. Another action I would repeat is regularly changing my training regime to how I gauged my training session of the previous day. I found that if my last session did not hit the mark of how hard I wanted to go, I would add or remove something from the next session so I could up the intensity and get past the level I wanted to be a and really get fitter and faster both in the pool and in the water. For example when my session were too long, I would make the next slightly shorter and just go as hard as I could throughout to make sure I was really getting tired. I think this helped me get fitter because it trained my body to recover from a tired or fatigued state faster. I needed to be able to recover quicker from a tired or fatigued state fast in the Mount Mission going from the swim to the run, so this helped me achieve my SMART goal by making my body ready. *Bill repetitive*

One thing that I learned about myself is that I am good at self-motivation when I want to be. I did a couple extra trainings at home and I had no worries, I did them to a high standard without extra stops. I told myself I wanted to get fit and that's what I was trying to do. I didn't get distracted, I focused on the task at hand and time went past very fast. I have never been that good at self-motivation before, I learned that when there is a serious task at hand I can self-motivate myself and get things done. I think this will help me in future for training for sports if I want to trial for rep teams. It will also help me get home work done early because I will motivate myself to get it done rather than leaving it to the last minute. This is beneficial because it will help me get better marks and not be stressed out. While training for the Mount Mission, I learned that I can self-motivate myself to get things done and this will help me in future with sports teams and getting homework done early to a high standard. I also learned that I work quite well in a team environment. While doing the Mount Mission I was pushing my team, motivating my team to make them keep running

and get a good time and a good placing. This was something I did not know before because I do individual sports like athletics. I had never thought of myself as a team player but after the Mount Mission I found it quite fun to do things as a team. It is good to know that you helped to motivate someone to reach their goal. Being able to work well in a team environment is a good skill for my future if I work in an office other job that you are always in contact with co-workers. This is because being in a team environment does wonder for your social skills and also enables you to be able to talk with people and problem solve without getting frustrated which is an important trait. Being able to work with in groups was something I learned about myself while training for the Mount Mission.

By completing the Mount Mission my wellbeing has been enhanced socially, spiritually, mentally and physically. The way these dimensions of my well-being are all different. My social well-being has been enhanced. Because I am happier. I am happier because doing exercise releases endorphins into the brain which are is a chemical that makes you happy. Endorphins are a by-product of high intensity exercise. I am also socially enhanced because I am happier about my fitness and appearance. I feel that I am fitter and I have wanted to be fitter for a long time. So now that I am fitter, and I have earned it through hard work, I feel a lot happier. Also, doing all of the exercise has made me more toned and lose some fat so I am happier about my appearance. I don't do much exercise, so even only doing 4 weeks of exercise has greatly increased my muscle tone. I was also socially enhanced because I made more friends. Doing the training in class I made many new friends. Making new friends improved my social wellbeing because I became more social. I became closer with Jack and Cameron because we were a team and I also became closer with some other people that were in my tent group. This made me have more friends and it enhanced my social wellbeing. This helped me achieve my SMART goal because I became more socially enhanced and wanted to train more with my friends. I also enjoyed being in a team and went hard in the Mount Mission. My spiritual wellbeing was enhanced because I had a sense of accomplishment, I took pride in what I had accomplished and I was in a good spiritual state because I started eating healthier. My spiritual wellbeing was enhanced by taking pride in my achievement and becoming more spiritually happy. I had been training hard and I was taking pride in the fact that I was training hard. I was spiritually better off because I felt that I was doing good in my training. I also felt cleaner spiritually because I was eating healthy. Healthy body health mind. I felt really good spiritually because I was taking pride in my training and because I felt healthy because I was training hard and I was eating healthy. This helped me achieve my SMART goal because I felt really good spiritually and I was in a good state of mind. Doing the Mount Mission improved my mental wellbeing because I became good at self-motivation. I also became mentally strong and I was able to with stand more mental pain whilst training. This is because I quite often pushed myself pasted the boundaries and really hurt. I did this to make myself be able to withstand the mental pain and push through the mental barriers that would occur while doing the actual event. This helped me achieve my smart goal because I was able to go very hard and do a faster time to achieve my SMART goal. I improved my fitness for my physical wellbeing. I also increased my strength. I did this by training very hard. They enhanced my physical well brig because being utter makes me healthier. Being fitter helped me achieve my SMART goal because I was fitter and I could achieve my goal. I improved my social, physical, mental and spiritual well-being will implementing my action plan which helped me achieve my SMART goal.

