

STEP 6

Set Your Health, Fitness and Anti-Aging Goals

You have absorbed a lot of information in Steps 1 through 5 about how to eat, exercise, and supplement your diet as part of a lifelong health and anti-aging program. The next step is to make that program work for you—to tailor its principles to your personal tastes, your busy schedule, your particular health concerns and specific goals.

The working tool that will help you design that custom program—and stick to it—is the Goal-Setting Wellness Planner. With the Planner, you will identify your objectives for overall health and desired body shape and anticipate those obstacles that might stand in your way or pull you off target. You will establish effective strategies to overcome the roadblocks and achieve your goals. And you will translate what you dream of accomplishing into a tangible and realistic plan for success.

In addition, the Planner can help you connect to the positive changes that will come when you adhere to the strategies you set for yourself. Savoring the rewards of a healthier lifestyle and a fit and age-resistant body and mind can keep you focused and motivated, equipped to resist the temptations that will inevitably pop up along the way.

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When you write down your goals and specify your strategies, you greatly improve your chances of success. Don't skip over this step: it's vital to making the program work for you. So get a pen and put your commitment on record.

The Goal-Setting Wellness Planner

Weight goal

Record your current weight, then the weight range that you believe to be realistic and healthy for you. A five-pound difference should separate the upper and lower limits of the range that is your goal.

Current weight: _____

Upper weight limit goal: _____

Lower weight limit goal: _____

If you are setting out to lose weight, then establish the date by which you will reach your goal. Assume that you can lose one to two pounds a week, on average.

I confidently expect to achieve my weight goal by: _____

If you are attempting to gain weight through weightlifting, follow a healthy diet and include approximately 1.5 grams of protein each day for every one kilogram (2.2 pounds) you weigh. If you work hard, you can expect an average gain of 0.5 to one pound of muscle per month.

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Body Shape

I am committed to maintaining a waistline measurement of:

Dress size [for women]: _____ I am committed to attaining a dress size of: _____

I confidently expect to achieve this goal by: _____

Exercise Program

Aerobic Fitness

The Step 3 fitness program of gentle endurance or aerobic activity to which I am committed is: _____

Endurance exercise type (treadmill, jogging, stationary bike, etc.):

Exercise time or distance (per session): _____

Exercise frequency (times per week): _____

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Resistance-Training Program

If you are at a level at which strength training is appropriate, write down your program.

Name of station or exercise	Number of sets	Number of reps per set

For split routine, my Day Two program is:

Name of station or exercise	Number of sets	Number of reps per set

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The number of weight-training sessions that I plan to do each week is: _____

Alternate Resistance-Training Program (e.g. yoga, Pilates, box-exercise, etc.)

Type: _____

Number of sessions per week: _____

Type: _____

Number of Sessions per week: _____

Dietary Strategies

Meat: The high-fat meat products I currently eat are: _____

Solution: The low-fat flesh protein foods that I will eat instead because they make sense for me are: _____

Dairy: The high-fat dairy products that I currently eat are: _____

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Solution: The low-fat dairy protein foods that I will eat instead because they make sense for me are: _____

Pastries: The high-fat pastries, cakes, doughnuts, and chocolate products that I eat are: _____

Solution: The lower-fat solution-substitution foods that I will eat instead are: _____

Fried foods: The fried and chippy-dippy foods that I eat are: _____

Solution: The lower-fat alternatives to these fried foods that I will substitute are: _____

Frozen desserts and treats: The high-fat ice cream and related frozen desserts that I eat are: _____

Solution: The lower-fat alternatives to these high-fat desserts and treats that I will substitute are: _____

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Chocolate bars: The chocolate bars and other high-fat chocolate products that I tend to eat are: _____

Solution: The low-fat alternatives I will substitute for chocolate bars and related high-fat chocolate products are: _____

Sugary beverages: The sugary beverages that add unnecessary calories to my diet are: _____

Solution: The no-calorie beverages and diluted juices that I will drink instead include: _____

Candy: The sugary candy products I eat too often are: _____

Solution: The no-calorie or lower-calorie solutions that will help me achieve my goal are: _____

Added sugar: The items in my diet that include too much added sugar are: _____

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Solution: My solution to reducing these added sugars in my diet is: _____

Under the following complex-carbohydrate headings, list the foods you plan to increase in your daily life because of their health-promoting properties.

Fruits: _____

Green leafy vegetables: _____

Cruciferous vegetables: _____

Orange-yellow and red vegetables: _____

High-fiber grains and starchy carbohydrates: _____

High-fiber breakfast cereals: _____

High-fiber bread products: _____

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Other High-fiber grains and noodles: _____

Peas and beans: _____

Healthy soups: _____

Caffeine: I will limit my intake of coffee and tea to _____
cups per day.

Alcohol: I will limit my intake of alcohol to _____
drinks per week.

Supplementation

The daily lifelong and anti-aging supplements I intend to ingest
each day include:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

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Fiber Supplement

In addition to choosing higher-fiber foods, I will include a fiber supplement each day.

Yes _____ No _____

If yes, my strategy is: _____

Rewards

The health strategies described in my Goal-Setting Wellness Planner are designed to achieve a positive outcome for my body and to enhance my quality of life. I will be rewarded on three levels: my general health and wellbeing, my appearance and body shape, and my self-esteem and self-image.

The specific benefits of succeeding with this program for me are these:

Health benefits (the disease-prevention results that are most important to me): _____

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Physical appearance (the changes to my body that I am most eager to see): _____

Psychological benefits (how my fitter, healthier, leaner body will affect my life): _____

Self-image: _____

Social life: _____

Willingness to participate in new activities: _____

I am deeply committed to implementing these changes to experience and enjoy the rewards they will bring to my life.

Signature

Date

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The Power of a Contract

Congratulations! You have just entered a new realm of commitment and opportunity. The simple act of writing out your goals and intentions has initiated a powerful shift from simply wishing for something to happen, to signing a contract with yourself to make it happen. It's the moment in which you can confidently declare: This is what I stand for now; this is what I am committed to achieving for myself and for my life.

And you have a concrete plan for incorporating the principles of my program into your everyday routine. You can see, realistically, how your plan will fit in with the other elements of your life. In the end, your wellness goals must become an integral part of your lifestyle; with the Goal-Setting Wellness Planner you have taken the first step towards that objective.

*For access to the references to Step 6 and additional education on wellness please visit the author's web site at **www.meschinohealth.com***