



# TARGET TIPS

## RULE YOUR ROUTINE

*Your routine can either be the chariot that carries you to success or the chain that hampers your progress indefinitely. While long-held and carelessly formed habits may control you, the development of good habits and routines can allow you to accomplish what would otherwise be impossible. Whether you're transitioning from summer back to school-time, or just in need of a fresh start, there is no time like now to re-examine your routine.*

**Clean the slate.** Put everything on the table - not only the bad habits. Consider the good, but unnecessary ideas that might be holding you down. Take a simplified look at your goals and priorities. Ask yourself, “What is most important to me? What do I wish to accomplish? What do I want my life to look like?” Once you have the answers, plan your routine around them. Lay down first what is most important, rather than allowing trivialities and unsatisfactory habits to take precedence.

**Get up early.** Look at your mornings. Can you add thirty minutes or an hour by getting up earlier? Give yourself sufficient time to start your day off right. Take time for reflection and meditation and a wholesome breakfast. Organize and prepare your day from the top down and everything later will fall much more easily into place.

**Hold yourself accountable.** It's far too easy to turn back on your resolutions, especially when you keep them to yourself. Find the tools that will best inspire and motivate you to adhere to your goals. Those tools might take the form of a calendar or notebook in which you can write down your goals and track your progress, or a friend who can check your progress and cheer you on when the going gets tough.

**Take it slowly.** You may have just a few things you wish to change - a minor alteration here and there. You might find, however, that you want to make extensive changes. If that is the case, you might be tempted to change many things at once. Old habits, however, are heavy anchors. Trying to change them all at once will often end in frustration as you fall back into them. Prioritize the things you wish to change and write a plan. Set specific goals and approach change systematically and intentionally. Above all, be patient with yourself.



### METABOLISM MATTERS

Consider the tools in your arsenal: for example, the Metabolic Meal Plans app allows you to count your calories as you try to eat within your unique caloric range. The CardioCoach app can guide you through your heart rate zones if your new routines include daily workouts.