**SMART TARGET HELP!**

**Specific = what are you going to improve and why?** E.g. I want to improve my core strength as I find it hard to hold sustained balances and struggle to make smooth transitions to and from the floor. By increasing my core strength I will have more control in my movements and this will improve the clarity of my dance.

**Measured = What are you going to measure? How are you going to measure it?** E.g. I will know my core strength has improved when I feel more stable in held positions and balances. I will be able to see on videos my transitions to the floor are smoother and receive feedback from peers/teachers that I look more in control. I will be able to do a plank for longer than I can at present.

**Achievable = How are you going to achieve your goal?** E.g. I have researched a 5-minute-a-day plank programme. It combines static and dynamic exercises which focus on the abdominals and core muscles. I will also watch some Pilates videos and see if I can follow some of the beginners’ exercises.

**Realistic = how do you know this is a realistic goal? What parameters/limitations are you putting in place to make sure this is something it is actually possible to achieve?** E.g. I need to start building my core muscles which are currently very weak. As I have not done Pilates before I will only focus on beginners’ exercises. I can currently hold the plank for 20seconds, I hope that within a week I can build this up to 1 minute.

**Time = When will you have reached your goal?** (On your Performance log these are short term targets so should be completed/measured by the end of the week.) E.g. I have booked a rehearsal space on Friday (5 days) so will get someone to film my solo then so I can see if there is any improvement. I hope to feel more stable by this point too. After one week of performing my daily core and abdominal exercises I will time how long I am able to hold my plank position. By the end of this week I will be familiar with some beginners’ Pilates exercises (focussing on the core) which I will then be able to incorporate into my ongoing training.