



Edition #61: November 2019 SRC: linda.a.johansen.mil@mail.mil (801)432-4972

RUE STORY

ACFT GOAL: 540 OR ABOVE

I achieved my goal of scoring above a 540 on the ACFT by doing the following:

Physical Fitness:

 2x each week I run at least 3 miles and do sprints each weekend

Nutrition:

- I drink at least 80 ounces of water a day
- I eat 60% clean carbs, 30% healthy fat, and 10% lean protein every day

Attitude

 3x a week I spend 5 mins visualizing myself finishing the 2 mile run at 14:40

Balance

I average 7 hours of sleep each night

WGTH OF OUT

Identify, plan for, and commit to the pursuit of a goal which results in more optimal performance, sustained motivation, and

Step 1
Define your goal
Step 7

Step 7
Continually monitor your progress

Step 6
Commit yourself
completely

Step 2

Know where you are right now

Step 3
Decide what you need to develop

Step 5
Pursue regular action

Step 4

Make a plan for steady improvement

Specific

increased effort.

Measurable

Action-focused

Realistic

Time-bound

