

SETTING YOUR GOALS

By Dr. Greg Shepard

Part II in a Series

SETTING YOUR GOALS

In our last issue, we discussed the importance of setting goals which can be measured. We do not worry about the word realistic only whether our goal can be measured. Our master plan includes many smaller steps toward the road to success. We do this because we are not content to "wait" for our natural abilities to bring us success but strive with total commitment to "MAKE" success happen.

We ourselves control our destiny; Not Heredity.

There are SIX major steps in setting goals with the BFS Program during the off-season. If these steps are followed by athletes and coaches, success is sure to follow. These six steps have a fantastic success rate by those using them after a BFS Clinic presentation. We do not set short range and long range goals but rather set easy to harder measurable goals. Step one is Nutrition.

NUTRITION: 30 PTS.

We wanted to have for our first goal something that could be easily measured on a daily basis and that was also easy to accomplish. Our BFS nutrition system was perfect. We figured if an athlete refused to eat properly on Monday; he really wasn't serious about winning the State Championship six months from now. Our system works beautifully in that the athlete is always in control. He is *not* dependent on mother who is a gourmet cook. The athlete himself can prepare his proper nutrition. The responsibility for success or failure rests squarely on the shoulders of the athlete himself. The athlete must get at least 30 BFS nutritional points per day. Each meal plus snacks are rated on a 0-10 basis. A great meal is given a perfect 10. There are 40 points possible. We break this down further by assessing 2 points for every individual basic food item except breads and cereals which receive 1 point. Food items like candy and pop receive 0 points.

A breakfast of eggs, milk, juice and toast would receive 7 points. An athlete having a bowl of cereal gets 3 points. However, if he pours himself a glass of juice or peels a banana and fixes a piece of toast he can

add up to 5 points without being a gourmet cook. The athlete who orders a hamburger, coke and fries could get 4 more points if he ordered a cheeseburger, milk and fries. For snacks we recommend two meat and cheese sandwiches and four glasses of milk with an orange, apple or banana. This is worth 9 big points.

Each athlete should chart his nutritional points on a daily basis for at least 30 days. Each coach should make it a goal to ask at least 5 athletes daily about their points. If five coaches will do this daily, twenty-five athletes will get some reinforcement daily. After 30 days a good habit should have been developed.

The results are many. First: You are not going to lose because of nutrition! Second: Solid body weight gains should be experienced and overall team weight should be greater. Third: Big gains should be made in the weight room because of a better diet and greater body weight. Fourth: Greater confidence should be evident because of size and strength gains. In addition, each athlete should feel a certain amount of pride for following through on his first step towards the championship or success.

MUNCH TO GREATNESS ONE STEP AT A TIME

An athlete should also establish a body weight goal. He might write down on his goal card "weigh 165 by next football season." In some cases, an athlete might actually desire to lose weight. That's OK. Just put down a desired weight. However, be careful! When the BFS Weight Program is followed body weight loss is difficult. An athlete might weigh 250 pounds with 22% body fat and run a 6.1 forty. Six months later he still might weigh 250 pounds but only have 15% body fat and run a 5.5 forty. Obviously, if this happens, worrying about bodyweight is needless.

This whole goal setting experience is called the "Munchies System." We munch to greatness. When we are able to munch down a little goal which is easy, like getting 30 nutritional points, then we are ready to attack and munch down more difficult and bigger goals. Next issue's article will further discuss, the BFS six steps to success.

THE PLYOMETER

Cost: \$89.95 Includes Postage

"Increases Jumping Abilities"

The Plyometer looks like high jump standards but measures vertical jump performance in a unique safe way.

PLYOMETER KIT INCLUDES:

- ★ Plyometer
 - ★ Record Book
 - ★ Training Techniques
 - ★ Up-to-date info
- Send Orders To: BFS, Box 20612, SLC, UT 84120

CASH SPECIALS

With any order of \$100.00 or more:

If you include a check with your order, we will include a set of our

**Beautiful Posters or our
Set of Motivational Charts
ABSOLUTELY FREE!**

Subscriber Discount Special