

## Resources Sheet – Achieve Your Fitness Goals

- [On Track for Success, Supporting Mental Wellbeing in Sports](#), First Psychology, Pdf booklet
- Ted Talk, How to develop a mindset for peak performance:  
<https://www.youtube.com/watch?v=n4SPwPhWu8g>
- NHS Physical activity guidelines for adults aged 19 to 64:  
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/>
- SMART goals template: <https://www.getselfhelp.co.uk/docs/SMARTgoals.pdf>
- Building new habits sheet: <https://www.therapistaid.com/worksheets/building-new-habits>
- Journal Article - The power of visualisation: <https://www.sportpsychologytoday.com/sport-psychology-for-coaches/the-power-of-visualization/>