

StepSmart Fitness

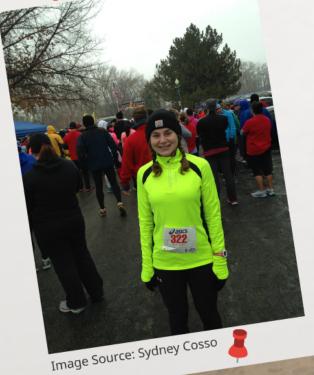


StepSmart Fitness

How I was able to transfer the S.M.A.R.T. goal-setting process to my everyday life.



"Goal setting...
increased running
distances"

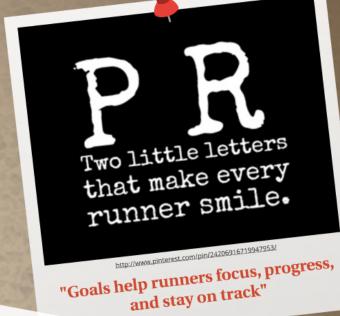


Thirteen Point One Miles
69,168 ft
23,056 YARDS
21.08 Kilometers
HALF MARATHONER

http://www.pinterest.com/pin/9288742954628482/

"People who had failed to meet their time goal reported greater desire to run another marathon than people who had met their goal."













SYDNEY COSSO

MIDDLETON, ID FEMALE / 18

6 - 19 Results



your MarathonFoto Race Day Photos



1:04