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13.1
 Thirteen Point One Miles
69,168 ft
 23,056 YARDS
21.08 Kilometers
HALF MARATHONER

123456789101112131415161718192021222324252627282930313233343536373839404142434445464748495051525354555657585960616263646566676869707172737475767778798081828384858687888990919293949596979899100

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



PR
 Two little letters that make every runner smile.
 "Goals help runners focus, progress, and stay on track."



Conclusion

S.M.A.R.T. goal setting isn't just for work



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

"Success starts to be S.M.A.R.T."

A dream becomes a goal when action is taken toward achieving it...

Specific
Measurable
Available
Relevant
Time-bound



Nothing feels better than beating your personal best, not even the taste of a chocolate chip cookie.

Weekly To-Do

1. Review your goals and progress.

2. Identify any obstacles and create a plan to overcome them.

3. Celebrate your successes, no matter how small.

4. Stay consistent and committed to your goals.

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StepSmart Fitness

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**How I was able to transfer the
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**“Goal setting...
increased running
distances”**



Image Source: Sydney Cosso



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HALF MARATHONER

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

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<http://www.pinterest.com/pin/24206916719947953/>

**"Goals help runners focus, progress,
and stay on track"**

INING FESTIVAL - HALF MARATHON

SYDNEY COSSO
MIDDLETON, ID
FEMALE / 18

6 - 19 Results

[your MarathonFoto Race Day Photos](#)

Division	Gender	Overall
4	192	711

4:04

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INING FES
SYDNEY
MIDD

WINNING FESTIVAL - HALF MARATHON

SYDNEY COSSO

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