

People's Grocery (A): The First Step

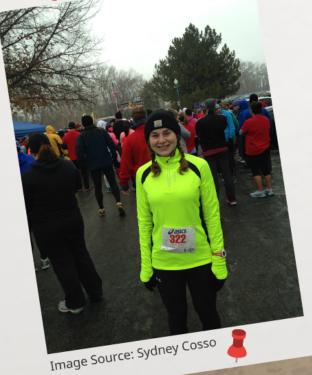


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How I was able to transfer the S.M.A.R.T. goal-setting process to my everyday life.



"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."





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



