



The Psychology of Brazilian Jiu Jitsu

Measuring your Goal

The following is a sample measurement chart. It will be entirely up to you how you will measure your SMART goal. Nevertheless, the sample below may help you in developing your own.

MENTALITY

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FIGHTING FITNESS STRENGTH and MENTAL TOUGHNESS

WEEK 1							
Join the Group <input type="checkbox"/> Using the SMART Goals for Brazilian Jiu Jitsu <input type="checkbox"/> An Evidence-Based Approach to BJJ for the Total Beginner <input type="checkbox"/> Wheel of Life Balance <input type="checkbox"/> Find an Academy <input type="checkbox"/> Plan and Schedule your 9 WEEKS <input type="checkbox"/>							
	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Morning							
Midday							
Evening							
WEEK 2							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	EVENT
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 4							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 5							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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WEEK 6							
Sign up to a BJJ Competition <input type="checkbox"/>							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	EVENT
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 7							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 8							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WEEK 9							
BJJ	HIIT	WEIGHTS	READ	SOW	SHARE	GROUP	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
COMPETE							