Jordan's BPG!

My goal is…
Make it clear, compelling & challenging!

To complete the Sydney City to Surf 14km run in under 90 minutes, while high-fiving as many spectators as possible!

And I will know I've achieved it when…

I cross the finish line, covered in sweat and smiles, and see that magical sub-1:30 time on the clock!

I will prove it to the team by…

Sharing updates about my long run each week and tracking all my runs on Strata (running app) for anyone to see.

Sharing my victory dance video at the finish line and treating the team to a round of post-race smoothies while regaling them with my epic race story.

(Optional) If I don't achieve my goal, I will…
Opt into a "hard" commitment device by imposing a cost or consequence for failing to follow through on your commitment

Here's what I plan to do to achieve my goal:
You might like to think about weekly activities, monthly progress, ideas to keep you motivated on the journey!

1. Stick to a consistent running routine. Commit to running three times a week, including a long Sunday morning run, and reward myself with a coffee from the local café after each long run.
2. Stay motivated by creating an upbeat running playlist to keep the energy high during runs and stay focused on my goals.
3. Stay accountable by checking in with the team during BPG meetings. Update the BPG Team Whatsapp group with my weekly kilometers, including a nice sweaty photo to show progress.

inventium