

Setting a Personal Fitness Goal

Name: _____ Grade/Color Team: _____ Date: _____

Step 1: Set a realistic (reachable) goal. (Choose 1 test to improve on)

I will improve my:

pacers
curl ups
push ups

shoulder stretch
flexed arm hang

Right now my score is _____. My goal is to be able to do _____.

Step 2: Make a plan to reach your goal.

What activity or exercise will you practice? _____

How many days each week will you practice?

- 3
- 4
- 5

Step 3: Keep track of your progress using your activity log.

Step 4: Re-assess and set a new goal.

Did you reach your goal?

- Yes
- No