

SMART GOAL SETTING (Fitness)

Specific: What do I want to achieve in my area of focus?

Name: _____

Meaningful: Why is this goal important to me?

Block: _____

Action Oriented: What steps will I take to achieve my goal?

Realistic: How do I know that I can achieve this goal? How will I know I achieved it?

Timely: By when do I want to achieve this goal?

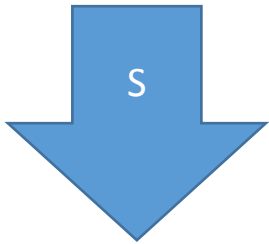


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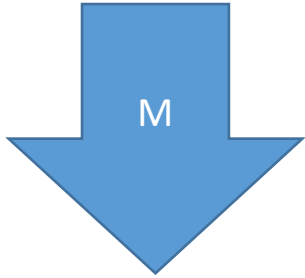
Goals → **Routines** → **Habits** → **Re-Balance**

1) My **fitness** goal for term 2 is:

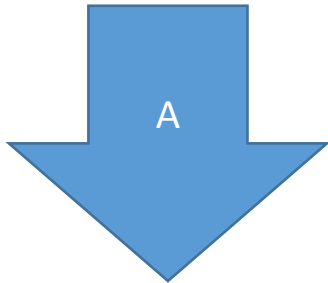
2) My **activity** goal for term 2 is:



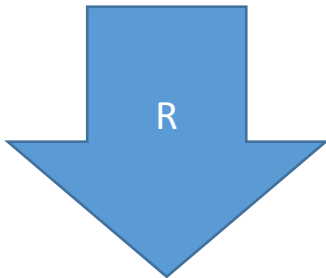
1. For the first goal, please choose from our JO fitness list (that way you can measure your progress): aerobic run, sit & reach, standing long jump, shuttle run, skipping, sit-ups, push ups. Which one (or ones) do you want to improve? Do you have **specific** goal?
2. For the second goal, you may choose a more general fitness/exercise goal. What physical activity would you like to include in or add more of to your life? Anything **specific** to achieve?



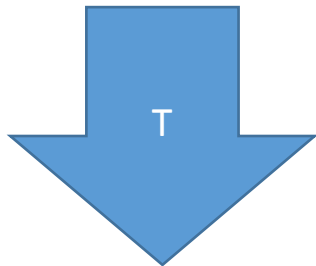
Why are these above goals **MEANINGFUL** to me? Why do I want to work towards them? What will I feel like trying to achieve them (and after I achieve them)?



What will be my routine (**ACTIONS**) each day or each week to ensure I work towards the goals? What kind of time will I commit to practice or participate? What kind of help, feedback, tools or learning do I need to build this routine?



Is this goal **REALISTIC**? How will I know I achieved it? Can I measure it? If not, how else will I know?



Can I try to build this routine for **6 weeks**? This will be just before winter break. When obstacles appear, what will I need to persevere and keep going? Who will help me adapt my plan if I need to change it slightly?