

SMART GOAL SETTING (Fitness & Health) TERM 2

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?

SMART GOAL SETTING (Fitness & Health)



SPECIFIC

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

Did you achieve this goal? _____

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

Did you achieve this goal? _____

1. For the first goal, you were asked to 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. What one did you want to **IMPROVE**?
2. For the second goal, you were asked to choose a more general fitness/exercise goal that was personal for you. What physical activity would you like to include in or add more of to your life? Was there anything **SPECIFIC** you wished to achieve?
3. This term I challenge you to think about a **FITNESS goal** (from the JO list) and a weekly **HEALTH goal** of your choosing. This health goal can be related to SLEEP, NUTRITION OR EXERCISE/ACTIVITY.

MEANINGFUL

1) If you achieved term 1 goals, how do you feel about doing that?

2) If you didn't achieve them, let's reassess. Why do you think you didn't reach them? What stopped you?

3) Time to change goals if you achieved them OR if you want to change your goals to make them more meaningful to you! Only fill in if you are changing one and/or both of your goals for the term.

New FITNESS goal (from JO Fitness list):

New HEALTH goal (related to activity or sleep or nutrition):

ACTIONS

1) What do you do next? What is your new plan to achieve your original or your new goals? What do you need to do EACH DAY or EACH WEEK (physically). BE SPECIFIC! Come up with at least 2-3 ideas (you can brainstorm with others or ask your teacher to help you out).

REALISTIC

Remember this is something you should see yourself being able to achieve in the next term (in the next 3 months).

- 1) How will you **measure** the goal/new goal? Is it how many times a week you do it? Is there an assessment at the end of the time period where you can compare (for example, term 3 fitness testing vs term 2?)

- 2) Do you plan to measure/keep track of practice & effort (for example, using a journal or marking it down in your phone/calendar)?

TIMELY

Let's re-assess at some point!

Today's Date: _____

In 6-8 weeks time, you will be asked these questions:

Am I following up with my ACTIONS? _____

If not, what do I need to do next? Set new goals? Create a new action plan?