

SMART GOAL SETTING (Fitness & Health) TERM 3 – Follow up

Name: _____ **Block:** _____

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

Meaningful: Why is this goal important to me?

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?

Look at your Term 2 goals.....

Let's re-assess!

Today's Date: _____

ANSWER THE FOLLOWING QUESTIONS:

1) Am I following up with my ACTIONS from my SMART goals Term 2? ____yes or no ____

2) What specially am I doing that follows my plan? _____

3) What am I not doing that I planned & wanted to do?

4) Are you managing to record and keep track of the practice & effort? Yes or no

5) If so, how are you recording it down? _____

6) Your PHE Fitness assessment week is coming up. What can you do in the next 2 weeks to prepare for this? Think about the JO fitness goal you choose to try and improve?

