

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?

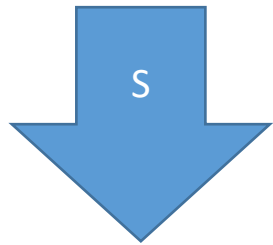
Realistic: How do I know that I can achieve this goal? How will I know I achieved it?

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



SMART GOAL SETTING (Fitness)

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



1) These are my results at the end of Term 1

(fill in from results you gathered):

Beep Test (level) _____

Sit-ups (60 secs) _____

Push Ups (60 secs) _____

Standing Long Jump (cm's): _____

Shuttle Run (seconds): _____

Skipping (60 secs) _____

Sit & Reach (cm's): _____

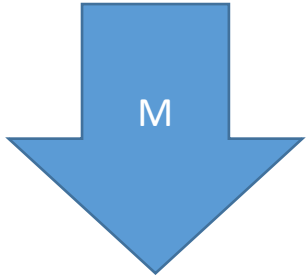
Flexibility Lab (level 1-4): _____

4 lap run (1600m): _____

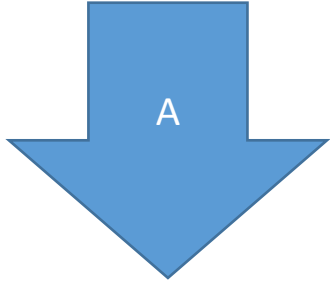
We haven't done the assessment for the 4 lap yet but you can choose to work towards this if you want.

2) My **FITNESS** goal(s) going into term 2

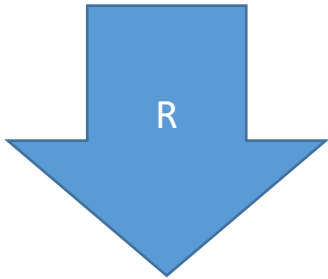
Pick from the list in **Box 1**. What is the **SPECIFIC RESULT** you want to improve on going into Term 2? Try to pick only 1 or 2 so you can focus. *Example: I want to improve my pushups by 5 reps per 60 seconds. I want to improve my flexibility level overall to a level 4.*



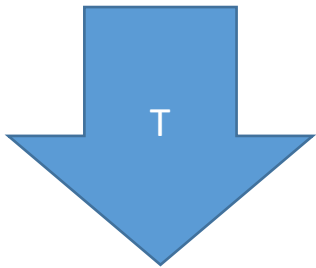
Why are these above goals (from Box 2) **MEANINGFUL** to me? Why do I want to work towards them?



What will be my routine (**ACTIONS**) each day or each week to ensure I work towards the goals (be specific)? How will I know what specific actions/exercises/activity to do if I don't already? Will I use research on the internet or ask a teacher/adult/expert?



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



How or where will I keep track of my workouts (journal, diary, calendar, notes)? Can I try to start building this routine for the next **4 weeks (TIMELY)**?