

PERSONAL FITNESS GOAL SETTING
ACTION PLAN

Name _____ Class/Period _____

I. FUTURE DIRECTION

List three realistic goals that you could implement to help you improve your current health status. These may include what you eat or how you think. Look at your fitness testing score sheet and Polar heart rate monitor printout and write your goals based on the performance of your three lowest criterion referenced standards of health.

1. _____

2. _____

3. _____

II. PRIORITIES

From the fitness scores and Polar Heart Rate Monitor printout, select your top two goals in order of importance that you would like to improve.

1. _____

2. _____

III. THE MOST IMPORTANT PRIORITY

Select one of the above goals that you consider as the most important health related fitness priority for you and would really like to work on during the current semester of school. Write that goal below and set dates for starting towards and reaching that goal.

GOAL _____

Start Date: _____ Completion Date: _____

What will HELP you reach your goal?

What will stand in your way?

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

IV. HOW DO YOU GET THERE?

Establish a plan of action. Think about people, steps, and dates you must consider to reach your goal. In order to design a sound personal fitness program you should follow specific steps. Steps in developing your personal fitness program are:

1. Evaluation-Look at your Fitness scores sheet and Heart Rate Monitor Printouts and analyze your weak areas of fitness. What do you want to do, what can you do, and what will you do to start improving your current health related fitness?
2. Set short-term and long-term goals, Remember goals must be obtainable.
3. . Select activities in which you will participate, by using the exercise programs and sports activities that you will like.
4. Periodically re-assess your fitness level by retaking the five health related HealthFirst graphical printout tests. Ask yourself, am I improving?
5. Don't give in or up. We all know how to quit something, stay with it and show yourself you can succeed at reaching your goals.
6. Fight boredom with variety, exercise with friends and keep records. But most of all just have fun staying healthy!
7. If there are questions or anything I can help you with feel free to call or contact me at school. My number is 768-6145

Good Luck!

Mrs. Castelvechi
Physical Education Specialist

BENEFITS OF PERSONAL FITNESS

NAME: _____ CLASS/PERIOD _____

PURPOSE: To emphasize the physical and health benefits received from a personal fitness program.

1. Physical Activity, which contributes to all health related components of physical fitness, can develop and maintain certain aspects of one's health. Identify three health problems less likely to occur as a result of a personal fitness program.

A. _____

B. _____

C. _____

2. With one (1) being the most important and six (6) the least important, rank the following contributions of a personal fitness program, in terms of their importance to YOU.

A. ____ Appearance

D. ____ Health-

B. ____ Enjoyment and satisfaction

E. ____ Relaxation

C. ____ Slowing the aging process

F. ____ More energy

3. As a result of participating in a personal fitness program, which of the following improvements would you expect in your appearance?

____ Improved posture

____ Muscle tone

____ Efficient body movement

____ Less fat tissue

____ Improved complexion

4. List three goals of personal fitness you would like to achieve in the next two months.

A. _____

B. _____

C. _____

DUE: Monday April 9th