

Setting Your Fitness Goal

Remember, this journey is all about you. You've done a great job completing your baseline test and learning about the components of fitness. Now it's time to set your own fitness goal! Look at your fitness scores on page 16 and determine which component area you want to improve upon. Are there any scores that are not within the healthy fitness zone? If so, you may want to focus on those component areas when deciding your goal.

Step 1: Mark an "X" next to the component area you want to improve in, record the name of the test you took and your baseline score.

	Fitness Component Area	Test Performed	Baseline
	Cardiovascular Fitness		
	Flexibility		
	Muscular Fitness: Strength		
	Muscular Fitness: Endurance		

Step 2: Write your goal statement.

Over the next eight weeks, I will work to improve my, _____ by _____.

(Time) (Specific)

(Measureable)

Step 3: List at least three possible barriers that can prevent you from achieving your goal.

- 1.
- 2.
- 3.

Step 4: Write a strategy you can use to overcome each barrier listed above.

- 1.
- 2.
- 3.

Step 5: How will you reward yourself for achieving your goal?

Step 6: Find two people to support you in achieving your goal and have them sign the pledge below:

I _____ will support _____ in reaching their fitness goal.
 (Family/Friend) (Your Name)

I _____ will support _____ in reaching their fitness goal.
 (Family/Friend) (Your Name)