

Goal Setting



Smart Goals

- **Specific**
- **Measurable**
- **Attainable**
- **Realistic**
- **Timely**



- **Specific-** What particular component are you working?
- **Measurable-** How will you track your progress?
- **Attainable-** Is this a goal that can be achieved?
- **Realistic-** Is this a goal that can be achieved by you?
- **Timely-** When will this goal be met?



Cardiovascular Fitness Goal



**My long term goal is that I
want to improve my**

**Cardiovascular fitness
level this term.**

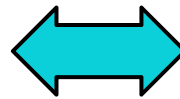




Principle of
Overload



Principle of
Specificity



Principle of
Progression

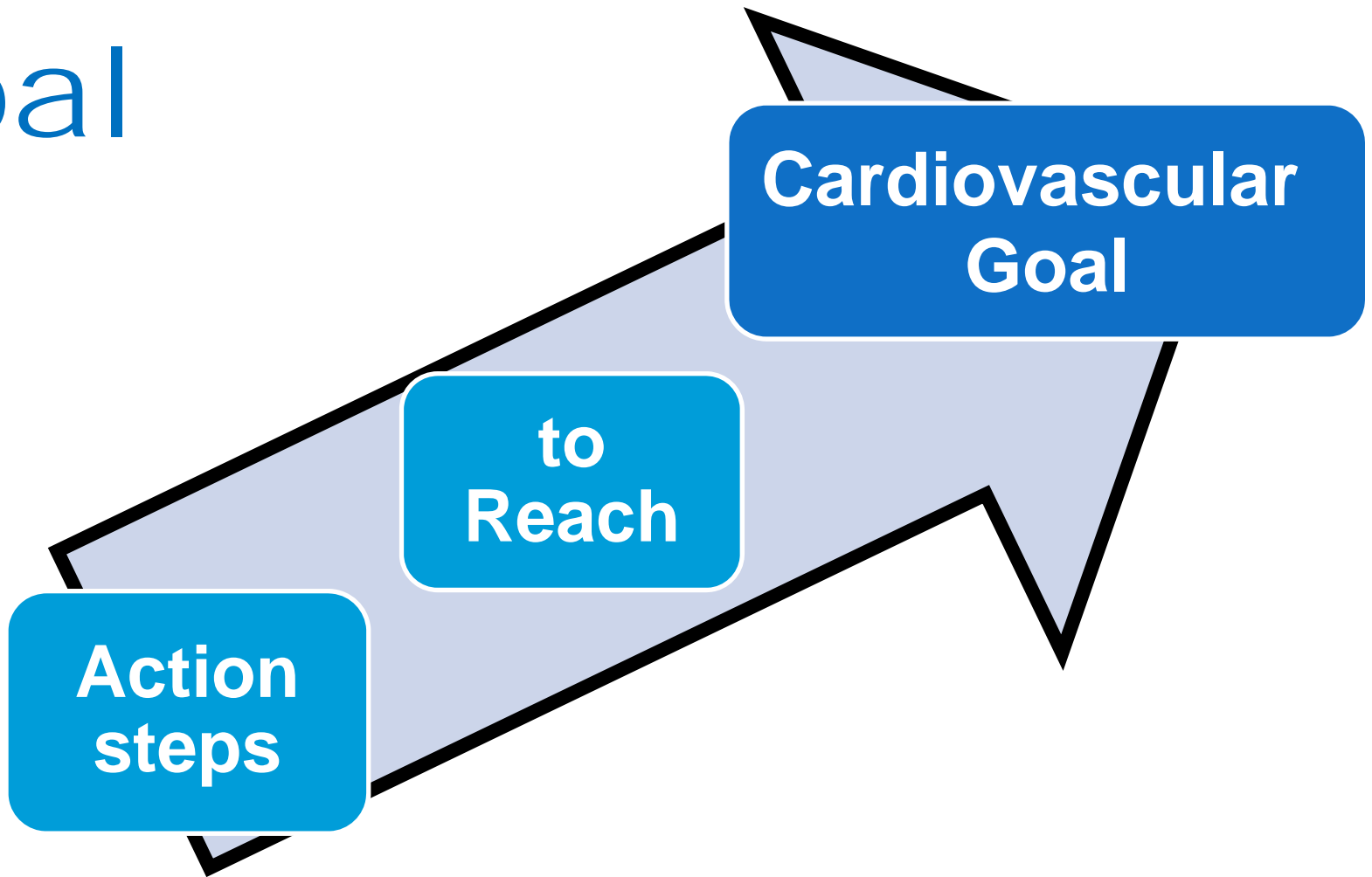
Principle of Overload

I will work my

heart and respiratory
systems more than
they are used to.



Short Term Goal



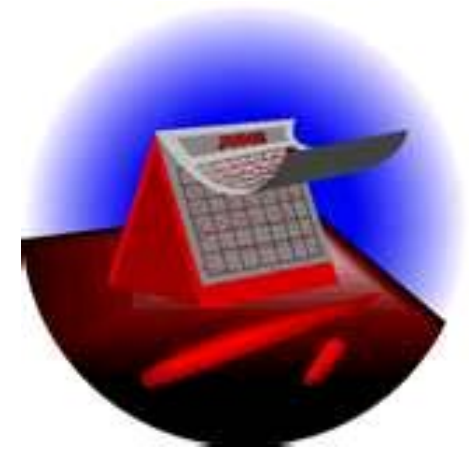
**Aerobic
Activity**



Jog and other
aerobic activities

Frequency

3 days
each
week





Intensity

in my Target
Heart Rate
(THR) zone of



123 to 184
BPM BPM




starting at 20
minutes.



Principle of
Progression

I will

increase my aerobic
exercise by 2 minutes
each week.



Principle
of
Specificity

I chose

jogging and other aerobic activities because they work and strengthen my heart and lungs.

GO
FOR
IT!

