

GOAL SETTING

Name _____

Period _____ Date _____

1. When establishing goals, five (5) important characteristics to consider include

S _____
M _____
A _____
R _____
T _____

2. The purpose of the first fitness assessment or _____-_____ is to identify your strengths and weaknesses and provide you with a basis for setting _____.
3. An assessment done at the conclusion of your fitness program to help determine the progress made toward your goals and assist you in setting new goals is called _____-_____.

CARDIOVASCULAR FITNESS LONG-TERM GOAL

Write your long-term cardiovascular fitness goal as directed below. Your goal statement will include the following:

- The health-related component you are working to improve (cardiovascular fitness)
- The fitness test you will be using to measure your cardiovascular fitness (pacer)
- Your pre-test score and the post-test score you will be working to achieve
- The time frame for achieving your long-term cardiovascular goal (within this trimester)

4. **"My long-term goal is that I want to improve my _____**
level _____"
(time frame) (health related component of fitness)

How will you know if you achieve this goal?

5. **"I will measure my improvement by increasing my _____**
test score from _____ laps to _____ laps".
(pre-test score) (post-test score) (cardiovascular fitness test)

MY PERSONAL PLAN

Explain your plan for achieving your long-term cardiovascular goal during this term using the principle of overload, progression, and specificity and the **FITT** factors.

Principle of overload (needs to include which system you are working).

6. "I will work my _____
_____."

7. **Short-term goal cardiovascular goal** (needs to include the specific action steps you will do to reach your long-term goal).

Aerobic activity(type) – _____

Frequency – _____

Intensity – _____

Time – _____
(minutes)

8. "My short-term cardiovascular fitness goal is that I will _____

_____."

9. **Principle of progression** (how and when will you make your workout harder)

How – _____

When – _____

"I will _____."

10. **Principle of specificity** (what aerobic activity/what does it work/how is that connected to your goal?)

"I chose _____ because _____
_____"