

## MY FITNESS GOALS

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

There are some important things to remember as you set your own physical fitness goals:

- ☐ Be realistic. If you haven't been physically active, don't expect to change your behavior overnight.
- ☐ Choose activities you enjoy. If you're tried jogging and hate it, try something else that you look forward to.
- ☐ Set one major goal at a time. Don't try to start a running program at the same time you're starting a swimming program.
- ☐ Check yourself. Write your goals down and refer to them often.
- ☐ Share your goals with people who are close to you. Let others know that you are serious and they might help you achieve your goals.
- ☐ Get a partner, but don't depend completely on the partner. It's always easier to stick with a new routine, if we have somebody doing it with us. It's also easy to forget about the exercise, if our partner is sick or can't do it one day.

1. Look back at the EVALUATING MY OWN PHYSICAL ACTIVITY LEVEL checklist. Choose one item that you plan to work on this coming week. Write the activity below:

One physical activity I will work on this week

2. Look at the PHYSICAL FITNESS ACTIVITIES CHART. Decide how many points you will earn this week and how you will earn each point. As you build up your endurance you should try to get at least five points per week.

Date

Number of points this week

Activities I will use to earn the points:

When: Days

Time:

Where?

With whom?