**Physical Fitness Goal-Setting Project**

Due: January 19th

1. Complete “Setting a Physical Fitness Goal” Assignment.
2. Fill out calendars and chart your progress. Show Mrs. Marcum your progress on each checkpoint day.
3. Decide how you are going to present your goal and what you accomplished to the class. Start working now!

**Poster**: Regular poster or tri-fold poster about your goal and accomplishments. It can include pictures, graphs, etc. Be creative!

**Power point**: The power point must be at least 4 slides and has to include your goal and accomplishments.

**Video**: Video yourself working on or accomplishing your goal!

**Scrap-book**: At least one scrap book page about your goal and accomplishments.

**Reflection paper**: One page typed reflection paper describing your goal and what you accomplished. Double spaced 12 pt. font.

**Journal**: Keep track in a journal of your accomplishments. Must have at least 10 journal entries.

If you have your own idea on how you want to present you goal please come talk to me! I love new ideas!

1. Turn in calendars and present final project to the class the last week of 1st semester.