Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Setting a Physical Fitness Goal**

**Step 1:** Set a realistic (SMART) **physical fitness** goal and write it down. What physical fitness goal would you like to accomplish by January 19th? **Make sure to include how many days a week you are going to do it and for how long each day.**

**Step 2:** List the steps (short-term goals) you need to take to reach that goal.

**Step 3:** Find others who can help and support you. Write down at least 3 people.

**Step 4:** Set checkpoints to evaluate your progress. We will do this in class every Thursday or Friday.

**Step 5:** Reward yourself after reaching the goal. What is going to be your reward when you accomplish this goal?