## **Fitness Goal Setting**

A goal is just a wish if it is not written down on paper. A written goal is 10 times more likely to be achieved than one simply thought of. Think of the following questions: What are your fitness goals for the course? How are you hoping to benefit from this course (increase energy, overall health and wellness, sport specific training, improvement in a specific sport, decreasebody fat, increase lean muscle mass etc.)? To set effective goals us e the **SMART** system.

Sample:

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<u>S</u> pecific	Lose body fat and increase lean muscle mass
<u>M</u> easurable	Lose 10 pounds of body fat, increase 5 pounds of lean muscle - measurable using body composition techniques
<u>A</u> ction-oriented	Commit to cardiovascular conditioning, resistance training and good nutrition
<u>R</u> ealistic	Loss of 1-2 pounds per week
<u>T</u> imed	I will accomplish this goal by the end of the semester

Complete your own SMART Goals for the course. Place your goals into your Fitness Profile.

Name:	Date:
Specific (specifically indicate your Goal)	
<u>Measurable</u> (how will you measure the success of your Goal?)	
<i>Action-oriented</i> (What steps will you take to accomplish your Goal?)	
<b><u>Realistic</u></b> (Is your Goal challenging, yet realistic to attain?)	
<u><b>Timed</b></u> (When would you like to accomplish your goal by?)	

My Fitness Goal(s)	
Date:	
Mid-Term Evaluation	Are you meeting your SMART GOALS at this point in the course? Give examples or evidence that supports you are meeting your GOALS.
	Do you need to adjust your GOALS for the last half of the semester? If so, explain
Date:	the challenges you have encountered.
Final Evaluation	Did you meet your SMART GOALS at the end of the course? Give evidence/examples that supports you attaining your GOALS.
	If you were to repeat the course, what personal changes would you implement to improve your level of fitness and your overall PAF3O experience? Be specific.
Date:	