

Setting Health-Related Fitness Goals

1. Look over your health-related fitness profile. Notice where your scores are in the healthy fitness zone for each fitness component.
2. How close are you to the suggested healthy fitness zone for each component?

Cardiovascular Fitness: ____ Low ____ Middle ____ High

Upper Body Strength/Endurance: ____ Low ____ Middle ____ High

Abdominal Strength/Endurance: ____ Low ____ Middle ____ High

Flexibility: (Back Saver) ____ Low ____ Middle ____ High

Flexibility: (Trunk Lift) ____ Low ____ Middle ____ High

Body Composition: ____ Low ____ Middle ____ High

3. Compare your fitness scores with the healthy fitness zone for each component. What would you like to improve by the spring when we test again? Circle below all the areas you would like to improve upon.

Cardiovascular Fitness

Upper Body Strength/Endurance

Abdominal Strength/Endurance

Flexibility - Back Saver

Flexibility - Trunk Lift

Body Composition

4. Set realistic goals. A realistic goal is one you can reach. If you can run a mile in 10 minutes, a realistic goal would be to run a mile in 9:30 with training.

Cardiovascular Fitness Goal: _____

Upper Body Strength/Endurance Goal: _____

Abdominal Strength/Endurance Goal: _____

Setting Health-Related Fitness Goals

1. Look over your health-related fitness profile. Notice where your scores are in the healthy fitness zone for each fitness component.

2. How close are you to the suggested healthy fitness zone for each component?

Cardiorespiratory Fitness: Low _____ Middle _____ High _____
Upper Body Strength/Endurance: Low _____ Middle _____ High _____
Abdominal Strength/Endurance: Low _____ Middle _____ High _____
Flexibility (Back Sore): Low _____ Middle _____ High _____
Flexibility (Front Leg): Low _____ Middle _____ High _____
Body Composition: Low _____ Middle _____ High _____

3. Compare your fitness scores with the healthy fitness zone for each component. What would you like to improve by the spring when we test again? Circle below all the areas you would like to improve upon.

Cardiorespiratory Fitness
Upper Body Strength/Endurance
Abdominal Strength/Endurance
Flexibility - Back Sore
Flexibility - Front Leg
Body Composition

4. Set realistic goals. A realistic goal is one you can reach. If you can run a mile in 10 minutes, a realistic goal would be to run a mile in 9:30 with training.

Cardiorespiratory Fitness Goal:

Upper Body Strength/Endurance Goal:

Abdominal Strength/Endurance Goal:

Flexibility Goals: _____

Body Composition Goals: _____

5. List at least one benefit you will receive by reaching your goals.

Cardiovascular Benefits: _____

Upper Body Strength/ Endurance Benefits: _____

Abdominal Strength/Endurance Benefits: _____

Flexibility Benefits: _____

Body Composition Benefits: _____

6. List at least one obstacle that may hinder you from reaching your goals.

Cardiovascular Obstacles: _____

Upper Body Strength/Endurance Obstacles: _____

Identify Goal:

Body (motivation) Goal:

2. List at least one benefit you will receive by reaching your goals.

Outcomes/Benefits:

Upper Body Strength/Endurance Benefits:

Abdominal Strength/Endurance Benefits:

Identify Benefits:

Body Composition Benefits:

3. List at least one obstacle that may hinder you from reaching your goals.

Outcomes/Obstacles:

Upper Body Strength/Endurance Obstacles:

Abdominal Strength/Endurance Obstacles: _____

Flexibility Obstacles: _____

Body Composition Obstacles: _____

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Abstract: _____

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