

FITNESSGRAM Goal Setting

NAME: _____ CLASS: _____

Step 1: Circle the **tests** that are in the healthy fitness zone.

CARDIOVASCULAR ENDURANCE: Mile Run Pacer

MUSCULAR STRENGTH & ENDURANCE: Push-ups Curl-ups

FLEXIBILITY: Shoulder Stretch Sit & Reach

Step 2: Circle the **tests** on which you need to work (not in the healthy fitness zone or on the low end of the healthy fitness zone).

CARDIOVASCULAR ENDURANCE: Mile Run Pacer

MUSCULAR STRENGTH & ENDURANCE: Push-ups Curl-ups

FLEXIBILITY: Shoulder Stretch Sit & Reach

Step 3: Choose 1 test that you circled in step 2 that you would like to improve.

Step 4: SPECIFIC HEALTH-RELATED GOAL

When I test in the spring, I want to be able to _____

_____.

Step 5: What are 3 specific activities I can do every day to help me reach this goal?

Activity 1: _____

Activity 2: _____

Activity 3: _____

After testing in the spring, you will circle one answer below.

YEAH!! I reached my goal.

No, I did not reach my goal.