

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.

\_\_\_\_\_

This means I need to improve my (circle one):

Cardiovascular endurance Muscular strength and endurance Flexibility

**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 work on this component so I can reach my goal?

Activity 1: \_\_\_\_\_

Activity 2: \_\_\_\_\_

Activity 3: \_\_\_\_\_

**Step 7:** After testing in the spring, you will circle one answer below.

YEAH!! I reached my goal.

No, I did not reach my goal.