

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:** Looking at the tests circled in step 2, on which **component(s)** of fitness do I need to work?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Step 4:** Choose one **component** from step 3 that you feel needs the **most** work.

\_\_\_\_\_

**Step 5:** What are 3 specific activities I can do every day to improve this component?

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

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

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

**Step 6: SPECIFIC HEALTH RELATED GOAL – Choose 1 test that will show you have improved in this component. Set a realistic goal that you want to reach when we test in the spring.**

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**Step 7:** (After spring fitness testing) Did you reach your goal?

YES

NO

**Step 8:** Why do you think you did or did not reach your goal?

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