

Name/Title: Fitnessgram Goal Setting

Purpose of Event: To help students set a Fitnessgram goal and to have them reflect overall about how it went.

Suggested Grade Level: 3-5

Materials Needed:

[Fitnessgram Assessment Student Data Sheet](#)

[Fitnessgram Student Reflection Sheet](#)

Description of Idea

This document is designed so students can set a Fitnessgram goal, detail how they will achieve it and includes a 'reflection' section where students can explain why they did or did not achieve their goal and why or why not.

[Fitnessgram Assessment Student Data Sheet](#)

[Fitnessgram Student Reflection Sheet](#)

Submitted by **Sean Perri** in Brooklyn, NY. Thanks for contributing to PE Central! **Posted on PEC: 4/22/2013.**
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