

## SHORT-TERM VERSUS LONG-TERM GOALS

Amanda, Marcus, and Ching-Ma have each identified some physical activity and fitness goals. Look at each person's goals and answer the questions below.

Amanda	Marcus	Ching-Ma
<ul style="list-style-type: none"> <li>• Jog 2 miles without stopping.</li> <li>• Jog 1 mile without stopping.</li> <li>• Walk fast every day for 20 minutes until it feels easy.</li> <li>• Alternate walking and jogging for 1 mile.</li> <li>• Alternate walking and jogging for 2 miles.</li> </ul>	<ul style="list-style-type: none"> <li>• Bench press my body weight (150 lbs).</li> <li>• Learn how to bench press.</li> <li>• Do 5 push-ups without stopping.</li> <li>• Practice my bench press 3 times per week.</li> <li>• Bench press 80% of my body weight.</li> </ul>	<ul style="list-style-type: none"> <li>• Make the school's soccer team next year.</li> <li>• Jog for 40 minutes without stopping.</li> <li>• Practice my shooting skills 4 days each week.</li> <li>• Practice my passing skills 4 days each week.</li> <li>• Play recreational soccer at the YMCA during the summer.</li> </ul>

1. What is Amanda's long-term goal? \_\_\_\_\_

In what order should she try to achieve her short-term goals? \_\_\_\_\_

What type of activity is Amanda's long-term goal, according to the Physical Activity Pyramid?

2. What is Marcus' long-term goal? \_\_\_\_\_

Is his long-term goal a physical activity goal or a fitness goal? \_\_\_\_\_

In what order should he try to achieve his short-term goals? \_\_\_\_\_

3. What types of physical activities is Ching-Ma participating in as she works to achieve her goals?