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.

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?