

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?
