



PAF30-PAF40

PERSONAL FITNESS

# Goals

1. Thinking

2. Planning

3. Get Started



## Create S.M.A.R.T. Goals



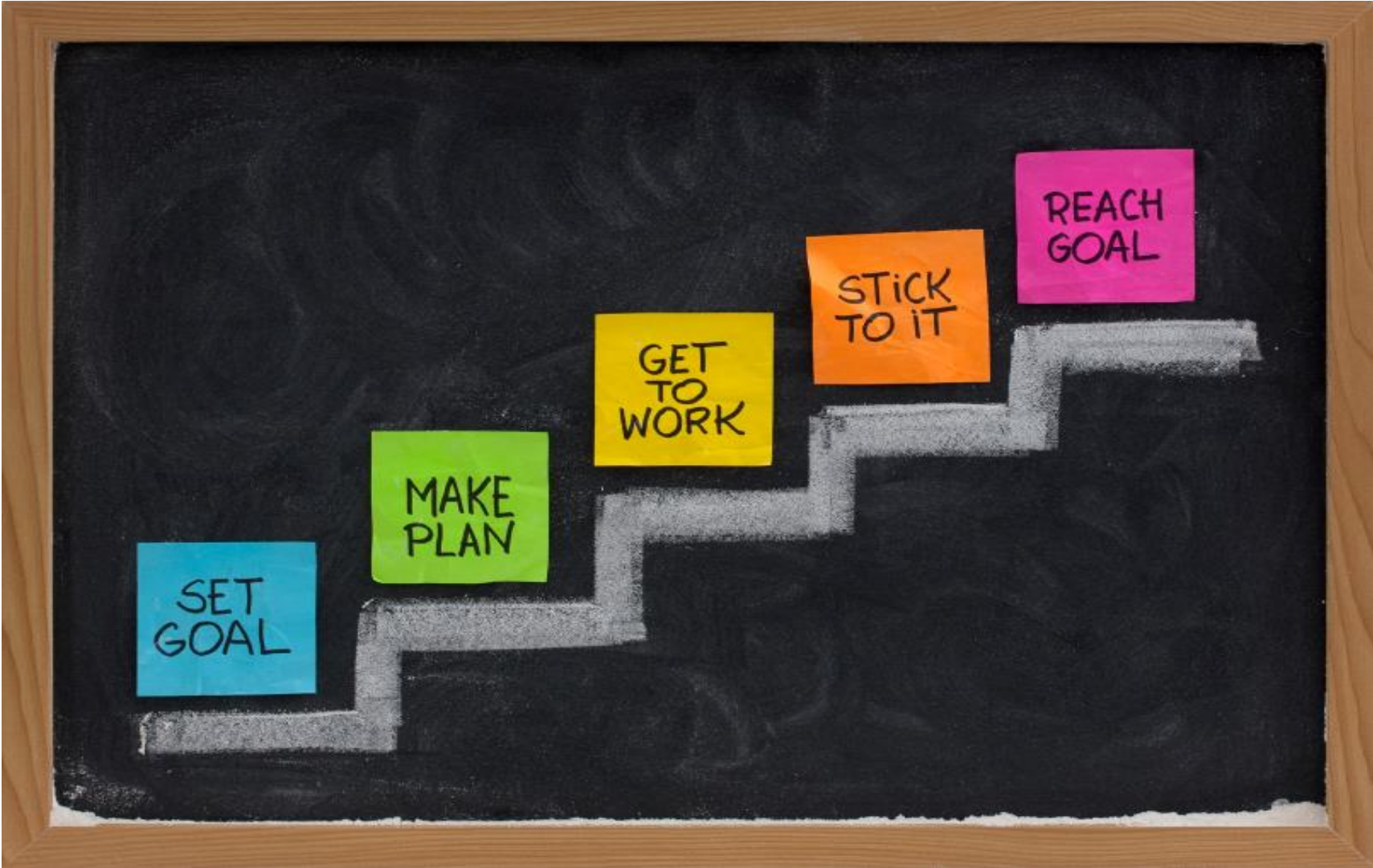
SET  
GOAL

MAKE  
PLAN

GET  
TO  
WORK

STICK  
TO IT

REACH  
GOAL



# MISTAKES IN SETTING GOALS

too  
BIG

too  
MANY

not  
SPECIFIC

not  
WRITTEN

# GOAL SETTING

[WHAT IS A GOAL?](#) | [SMART GOALS](#) | [FITNESS TERMINOLOGY](#) | [GOAL SETTING WORKSHEET](#)

## What is a goal?

A goal is something a person works towards and strives for, and eventually can achieve. Goals can be short term and long term.

### SMART Goals:

**S** – SPECIFIC – Is your goal clearly defined with specific details?

**M** – MEASURABLE – Measurable numbers involved.

**A** – ATTAINABLE – Is reaching your goal impossible? Or too easy?

**R** – REALISTIC – How likely is it to reach your goal?

**T** – TIME-LINE – What is the time-line for reaching your goal?

FITNESS GOALS NEED FITNESS TERMINOLOGY	FITNESS TERMINOLOGY	
Fitness Term:	Definition:	Fitness Test involved:
Muscular Strength	The maximum force a muscle can exert in a single contraction.	Grip Strength Test, weight room lifts
Muscular Endurance	A muscle's ability to perform repeatedly without fatigue.	Push-ups, Sit-ups, Sitting tucks, flexed arm hang.
Agility	The ability to quickly change direction.	Shuttle run
Power	The ability to exert a large amount of force as QUICK as possible.	Vertical jump, standing long jump, medicine ball throw.
Aerobic (Cardio)	The efficiency of your heart and lungs during vigorous exercise.	Beep Test, 1 mile run, 12 minute run

## Goal Setting Worksheet

- Must create a minimum of 3 fitness testing goals directly related to your fitness testing and/or weight-room testing.
- Must create a minimum of 1 body composition/body measurement goal.
- Optional: You can include a personalized sports related goal or an appearance related goal.

### Examples:

By the end of the semester, my goal is to improve my Aerobic system and reach level 10 on the beep test. I want to improve my muscular endurance and reach 50 push-ups in a minute. I want to improve my strength and be able to bench press 200 lbs for 4 reps, and squat 280 lbs for 5 reps. I want to reduce my body fat to under 7%. I want to achieve a clearly defined 6-pack abs. Lastly, I want to make 1<sup>st</sup> team All-City for basketball.

### **What are your fitness goals (for the end of the semester)?**

Fitness Testing Goals: (min. 3)

Body Composition/Measurement Goals:

Health/Optional Goals:

Adjustments throughout the semester? (Write below)



**GOAL ACHIEVED**

The image features the words "GOAL ACHIEVED" in a bold, red, 3D sans-serif font. The letter "O" in "GOAL" is replaced by a target symbol with concentric red and white rings. A blue dart with a yellow tip is shown hitting the center bullseye of the target. The entire scene is set against a plain white background, and the 3D letters cast a soft, white reflection on the surface below them.