

Name _____

Date _____

Student Activity Sheet

FITNESS ASSESSMENT PLANNING

Analyze your personal fitness profile.

What are the area/areas of your personal fitness profile that you are most proud of?

Look closely at your score in relationship to the class standards. Use these scores to decide whether you want to improve or maintain your fitness level in each area. Check your choice. List 2 things you will do to maintain or improve your fitness level in each category.

1. Cardiovascular endurance (maintain improve)

2. Flexibility (maintain improve)

3. Muscular Endurance (maintain improve)

4. Muscular Strength (maintain improve)

(Adapted from Physical Assessment Toolkit, Giles-Brown, p.131)

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FITNESS GOAL SETTING

My fitness goal is ...

Create a SMART fitness goal:**specific and sustainable**

My goal is specific because

**measurable and meaningful**

My goal is measurable and meaningful because

**action-oriented**

How will my goal be action-oriented?

**results based**

How will my goal be results based?

**time-bound**

In what ways is my goal bound by time?

(Adapted from Healthy Active Living: Student Activity Handbook 9, Temertzoglou, p. 53)



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ACTIVITY PLANS

Purpose – To create an individualized improvement plan.

Points to consider:

1. What facilities and equipment may be required?
2. What about this goal is likely to personally motivate you?
3. Where is your fitness level now?
4. How might your friends or family support you with this goal?
5. How will this goal fit into your family and school commitments?

Fitness Improvement Plan

What changes will you make tomorrow? _____

What changes will you make each week? _____

By the end of the month how will your active life be different? _____

Barriers to achieving your goal: _____

Strategies to overcome these challenges: _____

How will you know when you have achieved your goal? _____

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REFLECTION ON FITNESS GOALS

Purpose – To create an individualized improvement plan.

Points to consider:

Always (4)

Often (3)

Seldom (2)

Never (1)

_____ I am comfortable setting SMART goals.

_____ I worked regularly to follow my fitness plan.

_____ I reassessed my goals and adapted them as needed.

_____ I feel I am making progress towards achieving a healthy level of physical fitness.

Fitness Improvement Plan

Describe what went well with your fitness plan: _____

What made it difficult for you to achieve your fitness goals? _____

What helped to overcome any challenges you felt when trying to achieve your goals? _____

What have you learned from this about your effectiveness with goal setting and following through with your goals? _____

What might you do differently next time? _____

