

Fitness Goals

Name: _____

Date: _____

Long-term goal (3 - 6 months)

Target date:

1.

Specific reward:

Short-term goals (1 - 4 weeks):

Target date:

1.

5.

2.

6.

3.

4.

Specific reward:

Immediate goals (daily or workout):

1.

2.

3.

Student Signature _____

Witness _____
(optional)

Hoeger, W. A. and Hoeger, S. A. *Lifetime Physical Fitness and Wellness - A Personalized Program* (Englewood, CO: Morton Publishing Company, 1998), 20-21.

Dodd, S. L. and Powers S. K. *Total Fitness and Wellness 3rd; Brief Edition* (San Francisco, CA: Benjamin Cummings, 2003), 67-68.