

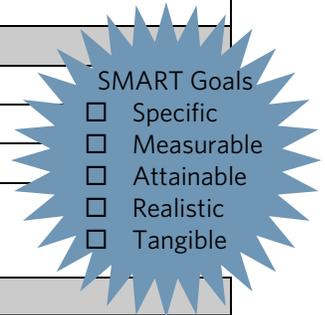
Fitness Goal Setting

Setting goals is the first step in reaching your dreams. Use this worksheet to help you look at where you are with your fitness currently, think about where you want to be, create an action plan to get you there and commit to working hard to bring it about. Setting, working towards, and reevaluating your goals is an continual practice. The more you familiarize yourself with the process, and the better you know yourself, the more effective your goal setting will be.

1. Determine a baseline.

Aerobic Fitness
PACER
Mile Run
Muscular Strength & Endurance
Curl-up
Push-up

Flexibility
Sit & Reach
Other



2. Clearly define the desired outcome.

Goals	
Write down at least one long-term goal. Focus on where you want to be in the next 6 months to a year.	
1	
2	
3	

3. List activities to be performed.

4. Identify a timeline.

Action	Due Date



5. Commit to the achievement of the goal.

I pledge to work towards my fitness goals. I commit myself to health and I will push myself to be better each day. I will not be discouraged. If I need help I will reach out to my fitness partner and, in turn, I will support those around me.

I pledge to support my fitness partner in reaching their goals. I will motivate, provide encouragement and accountability.

6. Reinforce by working towards your goals daily. Put this sheet somewhere you'll see it everyday. Reassess at your due dates. Exceed the challenge!

The PACER Individual Score Sheet

Date	Lane	Cadet Name	Laps Completed

Laps (20-meter lengths)

Level	Laps												
1	1	2	3	4	5	6	7						
2	8	9	10	11	12	13	14	15					
3	16	17	18	19	20	21	22	23					
4	24	25	26	27	28	29	30	31	32				
5	33	34	35	36	37	38	39	40	41				
6	42	43	44	45	46	47	48	49	50	51			
7	52	53	54	55	56	57	58	59	60	61			
8	62	63	64	65	66	67	68	69	70	71	72		
9	73	74	75	76	77	78	79	80	81	82	83		
10	84	85	86	87	88	89	90	91	92	93	94		
11	95	96	97	98	99	100	101	102	103	104	105	106	
12	107	108	109	110	111	112	113	114	115	116	117	118	
13	119	120	121	122	123	124	125	126	127	128	129	130	131
14	132	133	134	135	136	137	138	139	140	141	142	143	144
15	145	146	147	148	149	150	151	152	153	154	155	156	157

Score-keeper: _____

Peer Observation Checklist for Test Performance

Participant _____

Observer _____

Performance	Correct	Incorrect
<p>A. PACER</p> <ol style="list-style-type: none"> 1. Wears proper footwear. 2. Warms up prior to test. 3. Lines up behind start line. 4. Begins on command, running straight. 5. Touches opposite line before next beep. 6. Waits for next beep before continuing. 7. Continues test to the best of his/her ability. 8. Ends test on second correction. 9. Cools down after test. <p>Common Errors: Begins too fast. Does not pace self.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Improvements for Incorrects:</p>
<p>B. One-Mile Run</p> <ol style="list-style-type: none"> 1. Wears proper footwear. 2. Warms up prior to test. 3. Lines up behind the start line. 4. Begins running on command. 5. Continues test to the best of his/her ability 6. Completes the number of laps required to equal one mile. 7. Ends test when one mile distance is completed. 8. Cools down after test. <p>Common Errors: Begins too fast. Does not pace self.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Improvements for Incorrects:</p>

Performance	Correct	Incorrect
<p>C. BACK-SAVER SIT AND REACH</p> <ol style="list-style-type: none"> 1. Removes shoes. 2. Squares hips by extending both legs straight into the box. 3. Bends right leg, placing foot flat on floor a fist length away from the side of straight knee. 4. Arms straight, hands on top of each other, fingers even, palms down. 5. Reaches forward three times. 6. Holds fourth stretch for at least one second so score can be recorded. Maximum score is 12 inches. 7. Repeats 1-6 with other leg. <p>Common Errors: Hips are not squared before testing. Fingers do not stay together. Extended knee bends. Fourth stretch not held for one second.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Improvements for Incorrects:</p>
<p>D. CURL-UP</p> <ol style="list-style-type: none"> 1. Lies on back on mat. 2. Extends legs as far as possible with feet flat on floor. 3. Legs are slightly apart. 4. Arms are straight and parallel to trunk with palms down on mat and fingers stretched out. Head is in contact with the mat. 5. Fingertips are at edge of measuring strip. 6. Begins on command. 7. Fingertips touch other edge of measuring strip on the “up”, keeping heels in contact with the mat. 8. Body is uncurled completely so that head touches the mat and/or paper. 9. Follows the cadence of commands using the proper protocol. 10. Continues test until second correction is made or completes 75 curl-ups. 11. Records score. <p>Common Errors: Head does not return to the mat on each repetition. Fingertips do not reach the outer edge of measuring strip. Shoulders are shrugged up prior to start of test. Heels do not remain in contact with the mat. Student pauses or rests (movement should be continuous and with cadence).</p>	<p>_____</p>	<p>_____</p> <p>Improvements for Incorrects:</p>

Performance	Correct	Incorrect
<p>E. PUSH-UP</p> <ol style="list-style-type: none"> 1. Lies face down. 2. Hands placed palm down under or slightly wider than shoulders. Fingers stretched out, legs straight and slightly apart with toes tucked under. 3. Arms fully extended on “up.” 4. Body remains straight. 5. Elbows bend to 90° angles on “down.” 6. Continues test until unable to keep pace with cadence or second correction is made. 7. Records score. <p>Common Errors: Body/back is not straight. Hips sag towards floor or stick up. Elbows not bent to 90 degrees in down position. Knees touch floor. Student stops to rest or does not maintain rhythmic pace. Does not extend arms fully.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Improvements for Incorrects:</p>