

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

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!