

Fitness Goal Setting

A goal is just a wish if it is not written down on paper. A written goal is 10 times more likely to be achieved than one simply thought of. Think of the following questions: What are your fitness goals for the course? How are you hoping to benefit from this course (increase energy, overall health and wellness, sport specific training, improvement in a specific sport, decrease body fat, increase lean muscle mass etc.)? To set effective goals use the **SMART** system.

Sample:

<u>Specific</u>	Lose body fat and increase lean muscle mass
<u>Measurable</u>	Lose 10 pounds of body fat, increase 5 pounds of lean muscle - measurable using body composition techniques
<u>Action-oriented</u>	Commit to cardiovascular conditioning, resistance training and good nutrition
<u>Realistic</u>	Loss of 1-2 pounds per week
<u>Timed</u>	I will accomplish this goal by the end of the semester

Complete your own **SMART Goals** for the course. Place your goals into your **Fitness Profile**.

Name: _____ Date: _____

<u>Specific</u> (specifically indicate your Goal)	
<u>Measurable</u> (how will you measure the success of your Goal?)	
<i>Action-oriented</i> (What steps will you take to accomplish your Goal?)	
<u>Realistic</u> (Is your Goal challenging, yet realistic to attain?)	
<u>Timed</u> (When would you like to accomplish your goal by?)	

