Personal Fitness Goal Setting Sheet

1. List three factors that motivate you to be physically active.

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

2. Record your personal fitness goal.

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

3. What are the steps you will take to achieve your goal?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. What challenges will you have in achieving your goal?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

5. How will you know when you achieve your goal?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

6. Were you successful in achieving your goal? Why or Why not?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

7. How would you revise your goal?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________