

Designing and Implementing a Fitness Plan

Name _____ Teacher/Class Color _____

Based on your fitness testing results, you can develop an idea about how physically fit you are, as well as, what you need to improve on. EVERYONE CAN BENEFIT FROM IMPROVEMENT, even if you are satisfied with your fitness test grade. For that reason, we will be learning how to design and implement a fitness plan. A fitness plan is a plan you will create to reach fitness goals that you set for yourself. The plan will be individualized for you, so everyone's goals and plans will be different!

Directions: Complete ALL of the following steps and return your sheet to your teacher on _____.

1. Please establish at least three personal fitness goals:

Examples: *I don't want any 1's on my fitness test, I want to make my upper body stronger, I will exercise at least 3 days a week, etc. **BE SPECIFIC!***

A.

B.

C.

2. I plan to reach my goals by taking the following steps:

Examples: *Develop a weekly log, retake "close" fitness test components, attend intramurals, utilize the fitness center, etc. **BE SPECIFIC!***

3. Motivation strategies to assist me in sticking with my plan will include:

Examples: *Involving a friend or family member, engaging in a variety of activities, rewarding yourself, etc. **BE SPECIFIC!***