

Tracking your Progress

During the last 6 weeks of the semester, perform your final assessment to track the progress of your Personal Fitness Program. You will perform your final assessment on the specific dates you used during your goal setting session. Use the same assessments you used throughout the semester. Did you meet the fitness goals you set for yourself?

Trial 3

1. _____

2. _____

3. _____

Reflection questions

How does Trial 3 differ from the first trial? Be specific. Discuss the results, how you felt physically after the trials, etc.

Did you meet your fitness goals you set for yourself at the beginning of the semester? Explain.

How has this experience, from the goal setting process, trials to the final assessment helped you work toward your fitness goals? Explain.

How can you use this experience to help you reach other goals? (school, career, etc.) Explain

How can you use this experience to help other family members reach their fitness goals? Explain.