

**Part I**

**Goal Setting**

Before you begin designing a personal fitness program, you should take some time to set some specific goals that relate to your fitness.

**Goals that you set for yourself should be 1.) specific 2.) safe and 3.) realistic.**

Set 3 specific goals for yourself.

For Example: My goal is to improve my one mile timed run by 1 1/2 minutes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**You should also set a time frame to achieve each goal. Goals are more likely to be met when you set a deadline.**

Set deadlines for your goals (some time during the last 6 weeks of the semester).

For Example: My goal is to improve my one mile timed run by 1 1/2 minutes. I want to reach this goal in 8 weeks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Now you should also develop a plan to reach these goals by your deadline.**

Write specific things you need to do between now and your deadline to achieve your goals.

For Example: My goal is to improve my one mile timed run by 1 1/2 minutes. I want to reach this goal in 8 weeks. To reach my goal, I need to perform speed exercises (sprints) twice a week, one long run (1 1/4 mile-1 1/2 mile) each week and include stretching and strength exercises for my lower and upper body.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4/4/17

**Part II**  
**Diagnostic Fitness Assessment**

Now that you have made specific goals for your personal fitness, you will need to perform a Pre-Assessment or Test. Throughout the semester, you will perform these assessments to track the progress you've made from the beginning of the semester to the end of the semester. Your final test will be performed at the time you've set as your deadline to accomplish your goal.

You will design a Diagnostic (Pre) Fitness Assessment that is specific to each of your goals. Then you will practice those assessments. Perform and record your Diagnostic Fitness Assessment Results.

Example – Trial 1 Assessment for the 1 Mile Run, in neighborhood park.

Time: 12:15

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Part III**  
**Checklist for your Personal Fitness Program**

Consider these things when you begin your Personal Fitness Program

- \_\_\_\_\_ Write your physical activity in your weekly log. Include intensity and time/duration of the activity to help you recall important things during your training.
- \_\_\_\_\_ Include a warm up and cool down before and after your workout.
- \_\_\_\_\_ Progression of exercise does not increase in intensity, frequency or duration all at once. Choose one aspect to increase at a time and do so gradually.
- \_\_\_\_\_ Change your exercise routine, doing so can keep you from becoming bored.
- \_\_\_\_\_ Include cardiovascular, resistance and flexibility exercises in your exercise routine.