**Research Articles for SMART Goal**

Your goal needs to be related to one of the 5 Components of Fitness:

1. Muscular Strength-flexed arm hang

2. Muscular Endurance-curl-ups

3. Cardiovascular Endurance-pacer

4. Flexibility-sit-and-reach

5. Body Composition-body fat measurement

With a goal in mind, research a topic that will help you make a realistic “healthy lifestyle” goal for yourself.

You must use: [www.sweetsearch.com](http://www.sweetsearch.com/)

Choose three articles.

Read each article and write the most valuable information that will help you achieve your goal.

Article 1:

Valuable information



Article 2:

Valuable l information



Article 3

Valuable information