**TARGET**: Write a healthy lifestyle goal.

Name:\_\_\_\_Mrs. Gritt\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CCSSW #2, #6; CCSSL #3; CCSSSL #2; CCSSR #2 - DPI Physical Education Standards #2,#4

Your goal will be related to which Component of Fitness? Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, Body Fat % (CIRCLE THE ONE THAT FITS YOUR GOAL)

**These boxes are for your notes that you will fill in BEFORE you write your goal.**

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| S | Specific | * Can you explain more clearly what you are trying to accomplish? * Can you summarize this in one thought? * What is the bottom line of your thought? | I am trying to gain strength in both my upper and lower body.  Strength  Getting stronger. |
| M | Measurable | * How will you know that you have attained your goal? * Can you put your goal into number of some sort? * How will your goal affect your life/effectiveness? | I will know when I have achieved my goal by maxing out on both the bench press and squats.  My goal is in numbers (weights now and where I want to be when I finish my goal)  I will be healthier |
| A | Attainable | * Is your goal dependent on someone else? * If your goal is dependent on someone else can you rephrase it? * Are there any things that would prevent you from achieving your goal? | My goal is NOT dependent on anyone else.  The only thing that would get in the way of me achieving my goal is me not working at achieving it. Not working out would be detrimental to my goal. |
| R | Realistic | * Is this goal attainable for you? * Do you need small goals to help you achieve your main goal? | Yes, this is a realistic goal.  It is only an increase of 5 and 10 pounds.  My small goals would be whether or not I worked out on the days that I said I would work out. |
| T | Timely | * When will you reach this goal? * Could this goal become a permanent change in your lifestyle? * How long would it take for this goal to become part of your lifestyle? | By January 25, 2017  Yes, this could be a permanent change in my lifestyle to help me become healthier  6-8 weeks for it to become part of my lifestyle. |

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| **My Goal:**  **\*\*Goal = 20 points\*\*** | The most important part about writing your SMART goal is making sure that it is **MEASUREABLE**. If it isn’t, you will never know if you have achieved your goal or not.  I want to increase my upper and lower body strength. Currently I can bench press 135 pounds and I can squat 155 pounds. I want to increase my bench max by 5 pounds and I want to increase my squat max by 10 pounds. I will achieve this goal by working out on M, W, and Th after school in the weight room. I have designed a weight lifting program that I will complete on those days and track my progress by completing a log of what exercises I will lift and how much weight I will lift. |

Before you turn in your goal, does your goal answer these 3 questions? If it does not, rewrite your goal so that it does!!

1. Where are you currently?
2. Where are you trying to go?
3. How will you accomplish this?