

# My Physical Fitness Goals for Success

Name: \_\_\_\_\_

My cardiovascular/fitness strengths are:	I need to work on:
A. _____	A. _____
B. _____	B. _____
C. _____	C. _____

My **first quarter** fitness goal is to \_\_\_\_\_

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To achieve this goal, I will \_\_\_\_\_

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Things I am enjoying most about physical education this quarter are \_\_\_\_\_

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My **second quarter** fitness goal is to \_\_\_\_\_

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To achieve this goal, I will \_\_\_\_\_

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Things I enjoyed most about physical education this quarter were \_\_\_\_\_

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People who can help me attain these goals are: _____
_____
Distractions that might get in my way of accomplishing these goals are:
_____

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
PE Teacher Signature

My **third quarter** fitness goal is to \_\_\_\_\_

\_\_\_\_\_

To achieve this goal, I will \_\_\_\_\_

\_\_\_\_\_

Things I enjoyed most about physical education this quarter were \_\_\_\_\_

\_\_\_\_\_



My **fourth quarter** fitness goal is to \_\_\_\_\_

\_\_\_\_\_

To achieve this goal, I will \_\_\_\_\_

\_\_\_\_\_

Things I enjoyed most about physical education this quarter were \_\_\_\_\_

\_\_\_\_\_

People who can help me attain these goals are: \_\_\_\_\_

\_\_\_\_\_

Distractions that might get in my way of accomplishing these goals are:

\_\_\_\_\_

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
PE Teacher Signature

## My Goals for Success - REVISITED!

First quarter fitness goal: \_\_\_\_\_

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List 2 things you have done (or are doing) to meet this goal.

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

What are 2 things you can do (or continue to do) in the next few weeks to make sure you are successful in meeting this goal?

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

Describe your effort to date by circling one word.

None      Little      Some      Good      Excellent

Second quarter fitness goal:

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List 2 things you have done (or are doing) to meet this goal.

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

What are 2 things you can do (or continue to do) in the next few weeks to make sure you are successful in meeting this goal?

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

Describe your effort to date by circling one word.

None      Little      Some      Good      Excellent

**Third quarter** fitness goal: \_\_\_\_\_

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List 2 things you have done (or are doing) to meet this goal.

1 \_\_\_\_\_

2 \_\_\_\_\_

What are 2 things you can do (or continue to do) in the next few weeks to make sure you are successful in meeting this goal?

1 \_\_\_\_\_

2 \_\_\_\_\_

Describe your effort to date by circling one word.

None

Little

Some

Good

Excellent



**Fourth quarter** fitness goal:

\_\_\_\_\_

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List 2 things you have done (or are doing) to meet this goal.

1 \_\_\_\_\_

2 \_\_\_\_\_

What are 2 things you can do (or continue to do) in the next few weeks to make sure you are successful in meeting this goal?

1 \_\_\_\_\_

2 \_\_\_\_\_

Describe your effort to date by circling one word.

None

Little

Some

Good

Excellent