



SETTING GOALS

Name _____ Date _____

What makes someone successful? Usually such a person has a clear idea of what he or she wants to accomplish. When the person adds to this a realistic view of the current situation, he or she is able to set short- and long-term goals that ultimately lead to the desired outcome. Setting the right kind of goals is the key to success. Think about people you may have known who set themselves up for failure by being unrealistic about their own levels of physical fitness. Perhaps they didn't understand the difference between a short-term goal and a long-term goal, what they had to accomplish to meet their ultimate goals, and the amount of time needed to reach the goal.

Now that you've thought a bit about goal setting, use the Action Strategies to help you set goals of your own.

Action Strategies

- Know your current fitness and activity level.
- Focus on short-term activity goals first. As you advance, add some long-term fitness goals.
- Allow enough time to reach the goal.
- Go one step at a time. Set new goals after you attain the first goals.
- Break a long-term goal into a series of short-term goals. This approach provides feedback and encouragement.
- Keep an activity log to monitor your performance.
- Reward yourself when you meet your goal.

Your current level (circle one): Intermediate Advanced

Physical Activity Goals

Short-term: List *one* or *two* activities that you would like to perform on a regular basis in the next two to four weeks. Beside each activity write the number of weeks that you plan to do it.

Long-term: If you think that you're ready to set long-term activity goals, list *one* or *two* activities that you would like to perform on a regular basis in the next few months. Beside each activity write the number of months that you plan to do it.

Short-Term Goals

Activity	Time (weeks)
1.	
2.	

Long-Term Goals

Activity	Time (months)
1.	
2.	

Activity 8.2 Setting Goals

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

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SETTING GOALS *(continued)*

Physical Fitness Goals

Short-term: List *one* or *two* specific fitness goals that you would especially like to accomplish. Note how many times you would like to be able to perform each exercise or what score you would like to achieve on a self-assessment. Note when you hope to reach this goal.

Long-term (only for those who are at an advanced level): List *one* or *two* goals. These goals take longer to accomplish than short-term goals do. Give yourself enough time to reach them. You will use these goals as you follow the six steps in planning your personal fitness program.

Short-Term Goals

Fitness item	Number	Date
1.		
2.		

Long-Term Goals (Advanced)

Fitness item	Number	Date
1.		
2.		