



SHORT-TERM GOALS VERSUS LONG-TERM GOALS

Name _____ Date _____

Amanda, Marcus, and Ching-Ma have each identified some physical activity and fitness goals. Look at each person's goals and answer the following questions.

Amanda	Marcus	Ching-Ma
<ul style="list-style-type: none">• Jog 2 miles (3 km) without stopping.• Jog 1 mile (1.5 km) without stopping.• Walk fast every day for 20 minutes until it feels easy.• Alternate walking and jogging for 1 mile (1.5 km).• Alternate walking and jogging for 2 miles (3 km).	<ul style="list-style-type: none">• Bench press my body weight (150 pounds [68 kg]).• Learn how to bench press.• Do five push-ups without stopping.• Practice my bench press three times per week.• Bench press 80% of my body weight.	<ul style="list-style-type: none">• Make the school's soccer team next year.• Jog for 40 minutes without stopping.• Practice my shooting skills four days each week.• Practice my passing skills four days each week.• Play recreational soccer at the YMCA during the summer.

1. What is Amanda's long-term goal? _____

In what order should she try to achieve her short-term goals? _____

What type of activity is Amanda's long-term goal according to the Physical Activity Pyramid? _____

2. What is Marcus' long-term goal? _____

Is his long-term goal a physical activity goal or a fitness goal? _____

In what order should he try to achieve his short-term goals? _____

3. What types of physical activities is Ching-Ma participating in as she works to achieve her goals? _____
