**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Personal Fitness Information**

This worksheet is intended to have you think about your strengths and weaknesses, good and bad habits, motivation strategies, barriers, warm-up and cool-down exercises and general activities that you enjoy. When developing your personal fitness plan, use the information on this worksheet.

**Your Fitness Assessment Results and Habits**

1. Review and evaluate your fitness assessment and fill in the chart below.

|  |  |  |
| --- | --- | --- |
| **Health-related component of fitness assessment.** | **Met the Healthy Fitness Zone for your age level** | **Explain how you met the Healthy Fitness Zone. If you did not meet the Healthy Fitness Zone level, explain what can be done to improve.** |
| Cardio-respiratory   * *PACER* |  |  |
| Muscular strength and endurance  abdominal   * Curl up-cadence |  |  |
| Muscular strength and endurance  upper body   * 90-degree push-up – cadence |  |  |
| Flexibility   * Back-saver sit-and-reach |  |  |

1. After evaluating your fitness assessment and your activity log, use the “SMART” criteria below to set personal fitness goals for yourself.

**S**pecific - What do you want to achieve? How will you achieve it? Why is it important to you?

**M**easurable - How will you measure your success? Will you use numbers, target dates, specific events?

**A**chievable - Your goals should push you past your comfort zone but should still be attainable.

**R**elevant/Realistic - Your goals should be important to you and the outcome should impact your life in some way.

**T**imely - Your goals should have a timeline that will help keep you on track for reaching them.

|  |  |
| --- | --- |
| **Health-related**  **Physical Fitness component** | **Goal**  *Example: My goal for the muscular strength and endurance upper body portion is I would like to get 6-10 more push-ups by the end of the semester for the post-testing.* |
| Cardio-respiratory |  |
| Muscular strength and endurance  upper body |  |
| Muscular strength and endurance  abdominal |  |
| Flexibility |  |

1. Complete the chart below to outline your personal fitness plan. Complete the number of exercises that are sufficient for your plan (you do not need to complete each row available).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Component** | **Type**  **(What exercise(s)?)** | **Frequency**  **(Days per week)** | **Intensity**  **(Light, Moderate, Vigorous)** | **Time**  **(How long)** |
| Cardio-respiratory |  |  |  |  |
| **Muscular Strength & Endurance Upper Body** | | | | |
|  | **Type**  **(List the exercise)** | **Frequency**  **(Days per week)** | **Intensity**  **(Light, Moderate, Vigorous)** | **Time**  **(Reps and Sets)** |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |
| **Muscle Strength & Endurance Abdominals and Lower Body** | | | | |
|  | **Type**  **(List the exercise)** | **Frequency**  **(Days per week)** | **Intensity**  **(Light, Moderate, Vigorous)** | **Time**  **(Reps and sets)** |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |
| **Flexibility** | | | | |
|  | **Type**  **(List the exercise)** | **Frequency**  **(Days per week)** | **Intensity**  **(Stretch slowly to the point of mild discomfort or Progressive Warm-up)** | **Time**  **(Hold each stretch for 10-30 sec)** |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |

1. Develop your personal fitness plan using the activities that you listed in the preceding chart. When within your week will you complete your exercise plan?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Cardio |  |  |  |  |  |  |  |
| Strength and  endurance |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |  |

1. List two things that will help you follow your exercise plan (e.g. ,fitness log, rewards, social). How can you enhance your helpers?
2. List two barriers that will make following your exercise plan difficult to complete (e.g., rewards, social, environment, time). How can you overcome these barriers?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Level** | **Evaluation of Current Fitness Level** | **Fitness Goals** | **Fitness Plan** | **Fitness Schedule** | **Barriers and Helpers** |
| **3**  **Advanced** | Fitness plan provides a specific reflection to explain student’s current performance on the fitness assessment. | Fitness plan includes a specific, measureable, achievable, realistic and timely goal for each component based on student’s current level of fitness. | Fitness plan identifies specific exercises/activities that would enhance the aligned fitness component. The plan demonstrates a clear application of the FITT training principles in effective ways. | Fitness plan develops a realistic time schedule to implement each of the exercise plans for each component of fitness. | Fitness plan identifies specific barriers and helpers to implementing the fitness program and provides suggestions for overcoming barriers and enhancing helpers. |
| **2**  **Proficient** | Provides a brief description of the current level of performance on each aspect of the fitness assessment. | Provides a goal to improve each component of health-related fitness, but some of the goals lack specific, measureable, realistic and timely aspects. | Provides some exercises/activities that would enhance health-related fitness, but does not consistently align with the identified component. The plan demonstrates the FITT principles on a consistent basis. | Develops a time schedule to implement an exercise plan. | Identifies barriers and helpers to implementing the fitness program. |
| **1**  **Limited** | Does not provide a reflection about fitness assessment results. | Does not provide fitness goals for each component | Does not provide appropriate activities to develop the identified component. FITT principles are not effectively used to develop the plan. | Does not provide a sufficient time schedule to implement the plan. | Does not identify specific barriers and helpers to implementing a fitness program. |