

S-M-A-R-T Goals

When setting goals it is important that there is logic applied to each one. Many people use the SMART goals method in developing their goals. Using SMART goals ensures that you are identifying complete and achievable goals.

My assignment to you is to make a list of 1 goal for each of the fitness test areas that you would like to accomplish. Give your goals some serious thought so that these are what we call SMART goals.

S – Specific (and simple)

M – Measurable (how will we know when you've achieved it)

A – Action Oriented (what action will you do in achieving this goal)

R – Realistic (by your own efforts; goals that you are not dependent on someone else's actions in order to achieve them)

T – Time bound (when will you complete it by) Here are a couple examples:

You might have this goal:

- Get in better shape. Applying the SMART method, defines the goal even further:
- To increase my VO_2 Max (Specific) by doing aerobic exercise (Action Oriented) at least 5 times a week (Measurable by the # of times working out) by April 30th (Time Bound). Ask yourself, is this Realistic?

Name _____ Grade _____ Period _____

SMART Goal #1

SMART Goal #2

SMART Goal #3

SMART Goal #4

SMART Goal #5
