

# My Fitness Journal

## Goals

- To encourage students to set and pursue fitness goals
- To motivate students to keep a journal to reflect on their progress and feelings
- To practice writing skills in a meaningful context



MY FITNESS JOURNAL

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

Date: \_\_\_\_\_

My fitness goal: \_\_\_\_\_

Date: \_\_\_\_\_

Activity: \_\_\_\_\_

I feel \_\_\_\_\_ because \_\_\_\_\_

Next time I will \_\_\_\_\_

**Overview:** Students keep a journal of their fitness goals, activities, and feelings about their progress.

## Materials

- Copies of “Fitness Journal” template with pages stapled or bound together as booklets for each student. In each journal, include one copy of page 1 and at least one copy of page 2. (Alternately, students can open *Stationery Studio* and choose a different design for their journal.)

## Directions

1. Encourage students to talk about their sports or fitness goals. Ask them to identify specific goals - e.g., bat a ball, jump rope, do 10 sit-ups, learn to dance. (Before starting this activity, you may want to do “My Fitness Goals” in the “Science & Health” section of Classroom Activities.)
2. Give each student a “Fitness Journal” assembled as described above. Have students work individually or in pairs to fill in the first page of their “Fitness Journal”. Encourage them to choose goals towards which they can make progress.
3. Set aside a few minutes once a week for students to record their fitness activities. Ask them to tell how they feel about their progress and something they plan to do next time.

4. If students are comfortable, have them share their journal entries with a partner or the class. Ask students what they learned about their goals and themselves. Are they satisfied, proud, disappointed, embarrassed? If they aren't satisfied, ask what they might do to improve.
5. Encourage students to continue with their journal. Provide additional pages for those who want them.

### ***Stationery Studio Extensions***

- Do the “Sports Reporter” activity in the “Language Arts” section of Classroom Activities.
- Have students work in pairs and make certificates congratulating their partners on the progress they've made. Or have students make certificates honoring their own effort and progress.
- Encourage students to choose a border and print pages to create and keep a personal journal on any topic. They may want to use the 2-per-page print option to make a handy 5x8” booklet.