


My Fitness Goals

Goals

- To identify a personal performance or fitness goal
- To outline specific steps for achieving that goal



My Fitness Goal

Name _____

Date _____

I am good at: _____

I want to get better at: _____

My goal: _____

I will achieve my goal by:

1. _____

2. _____

3. _____

Overview: Students identify performance or fitness goals and outline steps for achieving those goals.

Materials

- “My Fitness Goals” template

Directions

1. Ask students to name sports or physical activities they enjoy. Encourage a broad range of responses including competitive sports, recreational sports, dance, etc. For inspiration, go to *Stationery Studio* and choose New Stationery. Then scroll through the designs in the Sports & Exercise section.
2. Give students copies of the “My Fitness Goals” template. Ask students to think about a sport or fitness activity and write one thing they do well. Encourage students to consider things like trying hard, following directions, and supporting teammates.
3. Next have students write one thing they’d like to do better. Tell them to name a specific goal like walk a mile, do ten sit-ups, bat a ball, jump rope, learn to dance, etc. Goals should be something they can accomplish in a few weeks or months. Next have students list specific things they will do to achieve their goals.
4. Suggest students post their sheets where they will be reminded of their goals. In a week or two, check with students to see how they’re doing.

Stationery Studio Extensions

- “My Fitness Journal” in the “Science & Health” section of Classroom Activities is a perfect follow-up.
- Remind students that a healthy diet will give them more energy and help them achieve their goals. Do the “Balanced Diet” activity in the “Science & Health” section of Classroom Activities.
- Suggest students help siblings or younger children outline their goals. Students might want to act as mentors to help them achieve these goals.