# Skill-Building Challenge Worksheet: Setting SMART Fitness Goals

Name: Blank Class: Blank Date: Blank

Using your fitness test scores or a specific area of fitness you have chosen to work on, decide on one or two areas you want to improve on between now and the end of the semester. Once you have decided what you want to work on, set a SMART goal to improve your specific area of fitness.

1. Which area(s) of fitness do you want to improve on?

2. Once you have decided what you want to work on, set a SMART goal to improve your specific area of fitness. If you have more than one area you want to work on you should set separate SMART goals for each area you want to improve.

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| Specific |  |
| Measurable |  |
| Achievable |  |
| Realistic |  |
| Timely |  |