



Goal Sheet

Grades 6-12

Name: _____ Grade: _____ Date: _____

Improving your fitness starts with setting a goal and making a plan. This worksheet will help you choose an area of fitness you'd like to improve and think about the steps you can take to reach your goal. For example, "I want to improve my sit-up score, so I will practice sit-ups three times each week."

01

Before You Set a Goal

Think about your strengths and the areas you'd like to grow in each category below.

CATEGORY	TEST
Core Strength	Sit-Ups
	Plank
Cardiovascular Endurance	1-Mile Run
	20-Meter Beep Test
Upper-Body Strength	Push-Ups
	Pull-Ups

02

Set Your Goal

Review the chart above. Pick at least one category to work on. Then, choose a goal you can measure. For example, "Do 5 more push-ups than last time."

My focus fitness category: _____

My specific goal: _____

Why I picked this goal: _____

03

My Plan

Write out actions you'll take to work toward your goal. Then, write down how often you'll do them.

ACTION	HOW OFTEN

04

Reflection

After a week, check in with yourself.

What worked well? What is one thing you can do next week to stay active towards your goal? (For example, find a fitness buddy who likes to do the same kind of activities that you do and plan time to be active together.)
