



Goal Sheet

Grades K-5

Name: _____ Grade: _____ Date: _____

You can get stronger and faster by setting a goal and making a plan. This sheet will help you choose a test to work on and think of ways to practice. For example: "I want to do more push-ups, so I will practice five push-ups every day."

01

Pick Your Test

Choose a test. Check the box to show your choice!

☐ Sit-Ups☐ Plank☐ 1-Mile Run☐ Push-Ups☐ Push-Ups☐ 20-Meter Beep Test**02**

My Goal

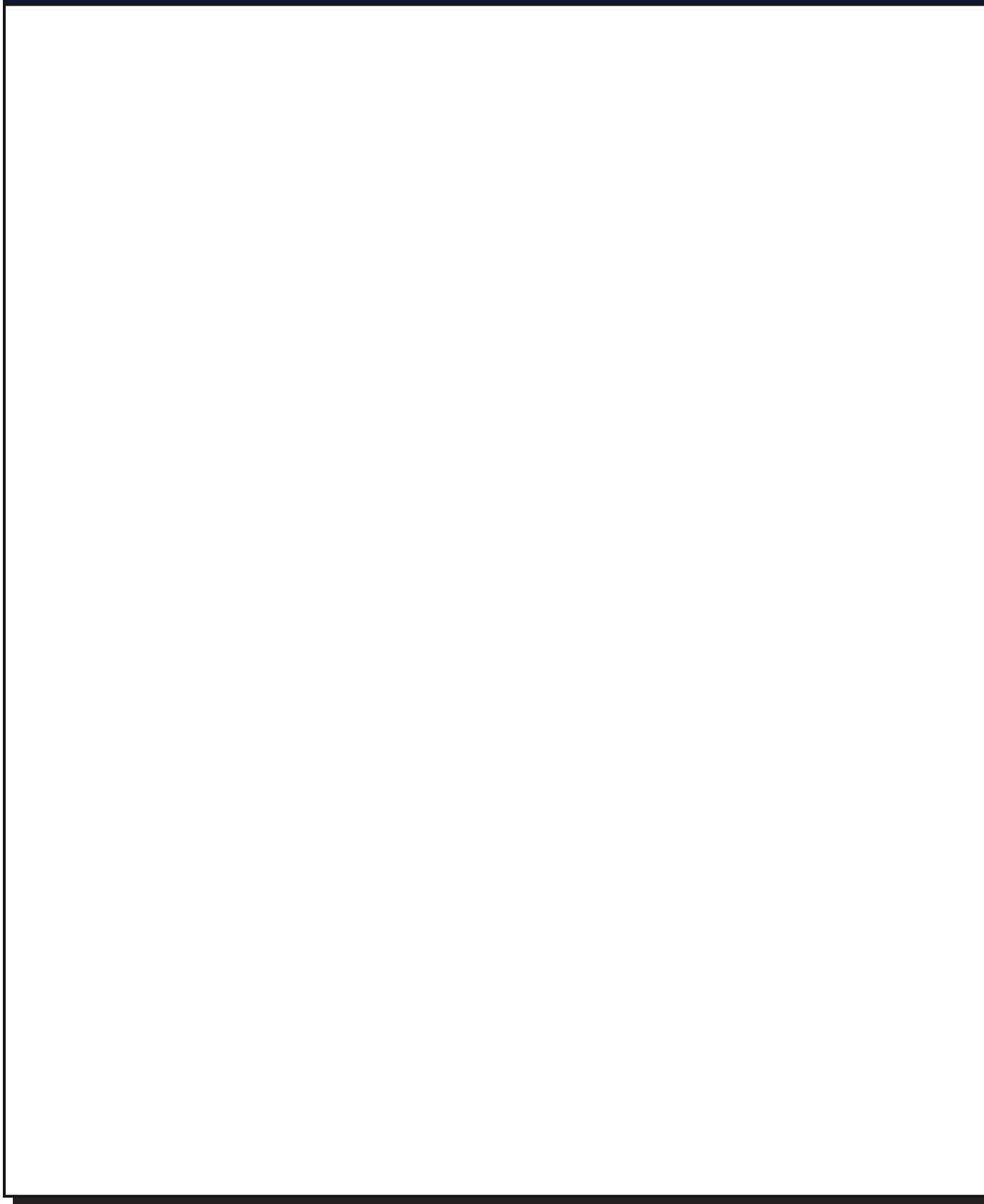
I want to get better at: _____

Here's how I'll work on my goal: _____

03

Draw It!

Draw a picture of yourself reaching your goal.

A large, empty white rectangular box with a thin black border, intended for a student to draw a picture of themselves reaching their goal.