

**SMART GOALS:**

S= specific to the area of work

M= able to measure the area of work

A= able to reach the goal

R= realistic to YOU

T= Time-bound (this semester)

YOU need to make a smart goal for each of the components of Fitness/Health.

These are your personal goals!!

PRE STATS:

- **Cardiovascular endurance**
- Upper body Strength
- **SPEED**
- Lower body Strength
- **Nutrition**
- **Rest and relaxation**

**mile:**\_\_\_\_\_

push-ups:\_\_\_\_\_

SHUTTLE RUN:\_\_\_\_\_

sit-ups:\_\_\_\_\_

**sit & reach:**\_\_\_\_\_

**hrs. sleep:**\_\_\_\_\_

This is the nutrition site to research for you food intake.

<http://www.choosemyplate.gov/>

(Daily food plans)