

**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)

How am I going to reach my goals?!!!!

YOU need to make a smart goal for each of the components of Fitness/Health. You need to have one paragraph for EACH component listed.

These are your personal goals!!

- **Cardiovascular endurance**
- Upper body Strength
- Lower body Strength
- **FLEXIBILITY**
- **SPEED**