

FITNESS GOAL SETTING & ASSESSMENT (Grades 3-5TH)

1. Why are creating goals important?
2. Are my goals I set for myself realistic or attainable?
3. How do I try to achieve the goals I set for myself?
4. What was my attitude when I was performing the fitness assessments?
5. What happens if I don't achieve my goals?
6. What happens if I do achieve my goals?

IMPORTANT CONCEPTS TO REMEMBER!

1. Remember to always do your personal best. Challenge yourself, not others.
2. Believe in your abilities.
3. Don't ever give up; what challenges us makes us stronger.
4. Fitness needs to be fun, forever, and can be done with family and friends.
5. Having a support system is important in accomplishing your goals.
6. Fitness is not a destination, but a lifelong journey.
7. For the majority of us being physically fit takes a lot of hard work, perseverance, and practice. Nothing usually comes easy without a struggle.

