C:\Documents and Settings\kcain\Local Settings\Temporary Internet Files\Content.IE5\3JRFGX49\MC900310820[1].wmfMy Personal Fitness Assessment (Body in Mind)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| C:\Documents and Settings\kcain\Local Settings\Temporary Internet Files\Content.IE5\CNI3R2ML\MC900438742[1].jpg |  | **Initial (Date\_\_\_\_\_\_\_)** | | **Mid (Date\_\_\_\_\_\_\_)** | | **Final (Date\_\_\_\_\_\_\_)** | |
| **Fitness Test** | **Fitness Component** | **Score** | **Goal** | **Score** | **Goal** | **Score** | **Goal** |
| **Forearm Plank** |  |  |  |  |  |  |  |
| **Squats** |  |  |  |  |  |  |  |
| **Side Plank (R)** |  |  |  |  |  |  |  |
| **Side Plank (L)** |  |  |  |  |  |  |  |
| **Wall Sit** |  |  |  |  |  |  |  |
| **Push-Ups** |  |  |  |  |  |  |  |
| **Sit & Reach** |  |  |  |  |  |  |  |
| **Stork Stand** |  |  |  |  |  |  |  |
| **Burpees (1min)** |  |  |  |  |  |  |  |
| **Bicep Curl**  **Right and Left** |  |  |  |  |  |  |  |
| **Push yourself because, no one else is going to do it for you!** | | | | | | | |

SMART Goal Setting

Setting Goals is the First Step in Turning the Invisible into the Visible

-Tony Robbins

1. This semester the fitness component I would like to improve on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. A goal I am setting for myself to improve my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is:

SPECIFIC-How will I achieve this goal?  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MEASURABLE-How will I measure my progress?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ACHIEVABLE-Is my goal something that is achievable for me?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RELEVANT-Why is it important to me to achieve this goal?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TIME SENSITIVE-When will I achieve this goal by?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_