

Personal Fitness Goal Setting Sheet

1. List three factors that motivate you to be physically active.

2. Record your personal fitness goal.

3. What are the steps you will take to achieve your goal?

4. What challenges will you have in achieving your goal?

5. How will you know when you achieve your goal?

6. Were you successful in achieving your goal? Why or Why not?

7. How would you revise your goal?
