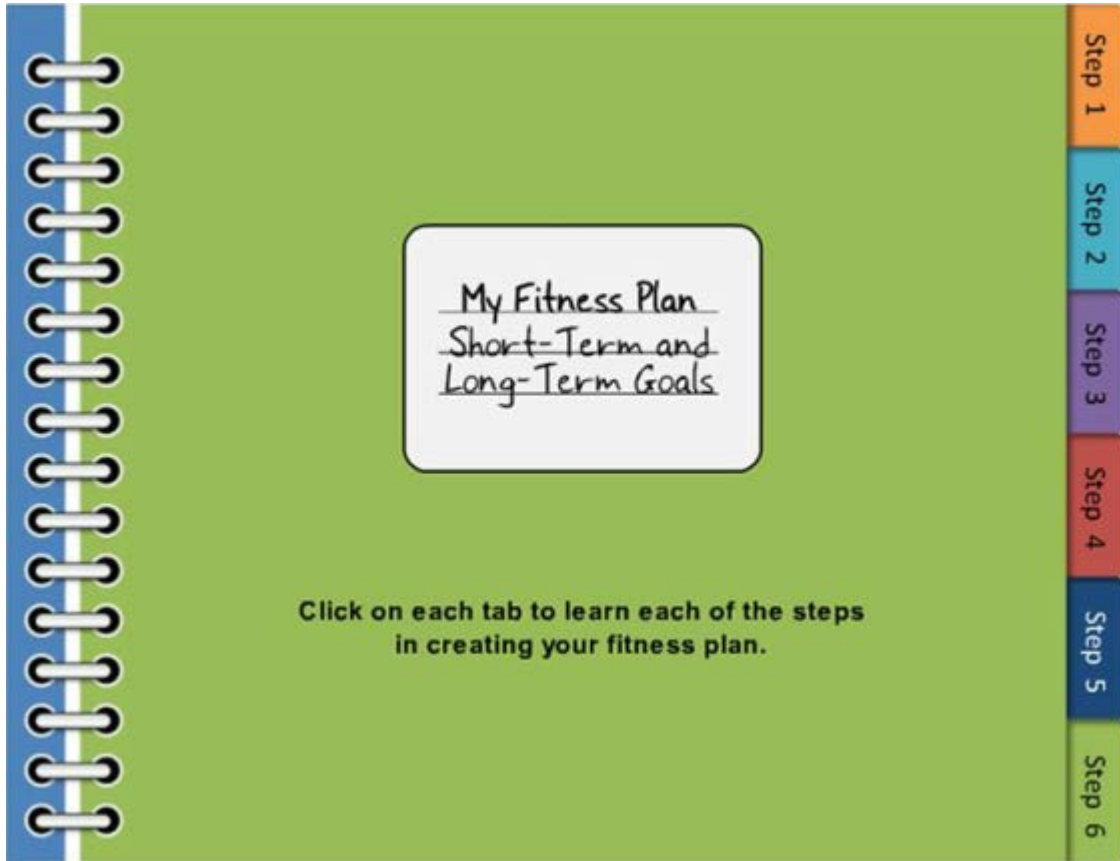


Module 1: The Perfect Machine

Topic 5 Content: My Fitness Plan

Introduction



My Fitness Plan
Short-Term and
Long-Term Goals

Click on each tab to learn each of the steps
in creating your fitness plan.

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

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Step 1

Step 1:

Write the goal as specific as possible and in a positive tone.
The more realistic the goal, the more successful you will be.

Wrong: I don't want to fail math again.

Right: I am going to get a B in math class.

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Step 2

Step 2:

Set a time frame in which you want to accomplish this goal. Make sure it is obtainable.

It takes time to establish new habits, sometimes months or even years. Give your brain and body time to adjust.

Wrong: I am going to drop my mile time by one minute next week.

Right: I am going to drop my mile time by one minute at the end of this semester.

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Step 3

Step 3:

List all of the things you can do to reach that goal. Create smaller goals that will lead to the end result. Smaller steps can make the larger goal more realistic. When you have more smaller successes, you will reach your goal.

Wrong: I am going to stop drinking soda, starting now.

Right: I am going to drink only one soda a day this week; then every week I will take away one more soda until I am drinking only one a week.

Step 1

Step 2

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Step 4

Step 4:

Circle your moral support as you saw in the warm-up. Friends and family want to see you succeed. Ask them to help you along the way.



Wrong: I will do this without anyone knowing.

Right: I will look at my moral-support circle and ask those people for help to keep me on track.

Step 1

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Step 5

Step 5:

Set up check points where you can assess your accomplishments. Again, smaller steps help make the long road shorter. Continually assessing your accomplishments keeps you on track. Besides, the more you check, the more you can reward yourself. 😊

Wrong: At the end of the grading period, I hope I will have a B in math.

Right: On Fridays, I will check with my math teacher to see if I am on task with a B.

Step 1

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Step 6



Step 6:

Be sure to reward yourself when you reach your goal.
Rewards will keep you motivated to reach the end result.

Wrong: If I don't exercise this week, I will not go out this weekend.

Right: If I do exercise every day this week, I will reward myself with a movie night with friends.

Step 1
Step 2
Step 3
Step 4
Step 5
Step 6