Complete your own fitness goals by providing the correct information in the blank spaces provided. Make sure your goals are well-written, thorough, and reflect your knowledge of proper goals setting that you learned in this topic.

|  |  |
| --- | --- |
| **My long-term fitness goal is:** |  |
| **My short-term fitness goals are:** |  |
| **To reach these goals, I plan to do the following:** |  |
| **I know I will reach my goals because:** |  |
| **Two things that will help me reach my short-term and long-term goals are:** |  |