

District 88 Physical Education

Unit 1: Setting fitness goals for now and the future

1. Criteria for making personal goals: measurable, meaningful, and realistic
2. Timeframe for setting goals: Short term 3 weeks, semester goal (18 weeks), and year-long goals
3. What activities and exercises are you going to do and when you are going to do them
4. Assess and reflect on your progress.
5. Modify where needed (goals or approach)

What is your personal goal?

How is it measurable?	
Why is it meaningful?	
What makes it realistic?	
What activities/ exercises will you do?	
How will you be monitoring your progress?	

