**Personal Fitness Information**

This worksheet is intended to have you think about your strengths and weaknesses, good and bad habits, motivation strategies, barriers, warm-up and cool down exercise and general activities that you enjoy. When developing a fitness plan, use the information on this worksheet.

**FITNESSGRAM Assessment Results and Habits**

1. Review and evaluate your fitness assessment and fill in the chart below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Health-Related Component of Fitness Assessment** | **Pre-test**  **Met the fitness level**  Yes or No | **Post-test**  **Met the fitness level**  Yes or No | **Explain how you met the healthy fitness level.**  **If you did not meet the healthy fitness level, explain what can be done to improve.** |
| Cardio-Respiratory (Aerobic Capacity)   * PACER Test |  |  |  |
| Muscle Strength and Endurance  (Abdominal-Core)   * Curl up Test |  |  |  |
| Muscle Strength and Endurance  (Upper Body)   * 90˚ Push up |  |  |  |
| Flexibility   * Back Saver Sit and Reach |  |  |  |

**Ohio PE Assessments**

**Standard 4:**  Achieves and maintains a health-enhancing level of physical fitness.

**Benchmark A:** Meet or exceed criterion-referenced health-related physical fitness standards.

1. After evaluating your fitness assessment, use the **SMART** criteria below to set personal fitness goals for yourself.

**S**pecific What do you want to achieve? How will you achieve it? Why is it important to you?

**M**easureable How will you measure your success? Will you use numbers, target dates, specific events?

**A**chievable Your goals should push you past your comfort zone but should still be attainable.

**R**ealistic Your goals should be important to you; the outcome should impact your life some way.

**T**imely Your goals should have a timeline that will help keep you on track for reaching them.

|  |  |
| --- | --- |
| **Health-related physical fitness component** | **Goal**  Example: Score in the upper level of the Healthy Fitness Zone. |
| Cardio-respiratory |  |
| Muscle Strength and Endurance  Core |  |
| Muscle Strength and Endurance  Upper Body |  |
| Flexibility |  |

1. Complete the chart below to outline your personal fitness plan. Complete the number of exercises that are sufficient for your plan (you do not need to complete each row available).

**FITT Principle:**

**F**requency How often you perform and exercise (this could be the number of reps, or the number of times you perform and exercise each week)

**I**ntensity How hard you perform the exercise (this could be measured by heart rate) or by categorizing your effort as **LIGHT, MODERATE or EXTREME**

**T**ime How long you perform the exercise (duration, i.e.: hold each stretch for 30 seconds)

**T**ype What type of exercise you are doing (cardio, strength, endurance, flexibility, speed)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Component** | **Type(s)**  **What exercises?** | **Frequency**  **Days per week** | **Intensity**  **How hard?** | **Time**  **How long?** |
| Cardio-respiratory |  |  |  |  |
| **Muscle Strength and Endurance – Upper Body** | | | | |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |
| **Muscle Strength and Endurance – Core and Lower Body** | | | | |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |
| **Flexibility** | | | | |
| Exercise 1 |  |  |  |  |
| Exercise 2 |  |  |  |  |
| Exercise 3 |  |  |  |  |
| Exercise 4 |  |  |  |  |
| Exercise 5 |  |  |  |  |

1. Delop your personal fitness plan using the activities that you listed in the preceding chart. When, within your week, will you complete your exercise plan?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Cardio |  |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |  |

1. List two things that will help you follow your exercise plan (example: rewards, social).
2. List two things that will make following your exercise plan challenging (example: rewards, social, environment).

**Ohio PE Assessments**

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness

**Benchmark B:** Understands the principles, components and practices of health-related physical fitness