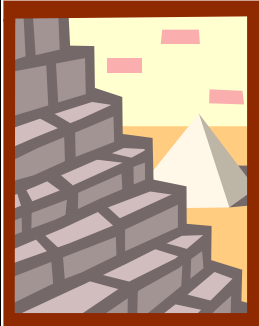
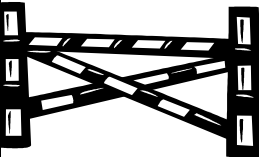






Name \_\_\_\_\_

# FITNESS/SMART GOALS

Class Teacher: \_\_\_\_\_

<b>My Goal Action Plan</b>	<b>Goal:</b>	
<b>What STEPS do I need to take to reach my fitness goal?</b> 	Step 1	Completion Date _____ Parent Initial _____
	Step 2	Completion Date _____ Parent Initial _____
	Step 3	Completion Date _____ Parent Initial _____
	Step 4	Completion Date _____ Parent Initial _____
	Step 5	Completion Date _____ Parent Initial _____
<b>What ROADBLOCKS could get in the way of my goal achievement?</b> 		<b>How will I KNOW that I have reached my goal?</b> 
<b>What RESOURCES may be needed to help me reach my goal?</b> 		<b>How will I REWARD my progress and success in meeting my goal?</b> 
<b>How will I MONITOR the progress towards my goal?</b> 		_____ <b>Parent Signature</b>  _____ <b>Teacher Signature</b>