Writing Fitness Goals Assignment

You will be working on your own to develop a long-term fitness goal. You will also write-out short-term goals (at least 4) that will help lead you to that long-term goal, and will be reflecting on these goals throughout and at the end of this semester.

Let’s start with an example…

Here is a well-written LONG-TERM (and SMART) GOAL:

**Long-term Goal:** I will complete the 26.2-mile, Manitoba Marathon, on June 16th, 2024, in under 4 hours, 59 minutes.

* Is it **specific?**

Yes, it has a clear outcome, running the marathon distance in a specific time.

* Is this goal **reasonable & realistic**?

Is it going to shape my habit to exercise? Yes, I have given myself over 3 months to prepare. It’s possible. The question I need to ask myself is…Do I like to run, and do I have the time available to train for this type of activity? If not, this wouldn’t be a good long-term goal. It probably wouldn’t motivate me to exercise.

* What makes this goal **adjustable** and **measurable**?

If the ultimate goal is 26.2 miles in less than 4 hours, 59 minutes, the math tells me I would have to run about 5.25 miles every hour... I could do further calculations to figure this out in km/hour or distance per 10 minutes, or 30 minutes, etc. so it would be easier for me to gauge how difficult this would be.

* What’s the **time** reference for achievement?

Marathon day, June 16th, 2024.

Now that I have a long-term goal in place, I need to develop short-term goals that will help me reach the long-term goal I have stated. I like to think of these short-term goals as “check points.” These are the steps I need to take in order to reach the long-term goal in the time given. I would probably create a short-term goal for every-other month leading-up to the date of the marathon.

For instance, here would be my first short-term goal:

**Short-term Goal #1:** I will complete a two-mile run, on the school track, in 17 minutes, on March 2, 2024. Note that I followed the same rules that I did when writing the long-term goal.

Now that I have given you these examples, I want you to come-up with some type of fitness, or sport-related, goal that you would like to achieve.

* PLEASE make sure it is something that interests you! Don’t write a goal that involves running if you don’t like to run.
* A goal could be related to a sport or fitness-related activity that you enjoy (i.e., decrease body-fat percentage, increase the speed of your fastball, decrease your 50-meter free (swim) time, increase the amount of weight you can bench press (any lift), increase your vertical jump height, etc…).
* Develop the long-term goal (first). Make sure it is well written (take everything into account that I have told you – make it SMART).

After you have your long-term goal written-out, figure out where you should start, and where you need to go to get to that long-term goal. Use this information to write your short-term goals, and write these goals in the same style that you wrote your long-term goal.

Throughout the course, we will be looking back at these goals an adjusting them as we need to. At the end of the course, you will be writing a reflection based on what lessons you have learned and your progress toward these goals.

**Long Term Goal: (10 marks)**

Defining Your SMART Goal - answer all of these questions before writing your long term goal.

1. **Specific:** What will your goal accomplish? How will it be accomplished?

2. **Measurable:** How will you measure whether or not your goal has been reached? List at least two indicators.

3. **Adjustable:** Will you be able to adjust this goal if needed? Once you start working on your goal, you may find it needs to be adjusted.

4. **Realistic:** Is it actually possible to achieve your goal? Have others done it successfully? Is it challenging but still achievable? Do you have the necessary skills, abilities, resources, support, and motivation to accomplish the goal?

5. **Timely:** Is our classroom timeline (approx. 4 months) for the project a suitable deadline for you to be successful? If not, what is the time frame you are setting for your goal?

Clearly state your **Long-term SMART goal** in a concise sentence (it should contain all 5 elements from above) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Short-Term Goals: (5 marks each)**

Next, come up with at least four Short-Term Goals that will help you achieve your Long Term Goal (each goal should be SMART, and take about 3 weeks to complete).

Short Term Goal #1:

Short Term Goal #2:

Short Term Goal #3:

Short Term Goal #4