

# GOAL SETTING FOR LIFE



The Long-term success of any plan is determined by setting and adjusting realistic **Short-term goals** that can be achieved in 2-4 weeks and **Long-term goals** that can be achieved in 2 months or more. As a person ages, maintaining fitness and health, performance and appearance becomes a primary focus. Therefore, creating a fitness and health plan and setting goals is essential for a person to maintain or improve overall health, improve performance in activities and enhance appearance.

To maintain or improve health, it is important to create a fitness and health plan that includes health habits such as nutrition, hydration, sleep, and activity. As a person ages, his or her nutrition, hydration, sleep, activity and fitness needs change. As a result, it is critical to set and adjust realistic goals in these areas to maintain or improve health.

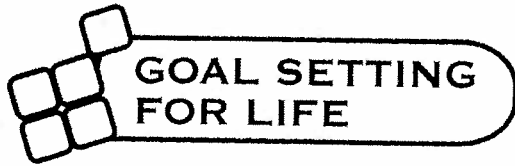
Life is more fun and more enjoyable for people who participate in activities in which they feel confident about their performance. Feeling confident about performance is also what motivates people to continue to participate in activities. Setting realistic goals for performance gives a person a sense of accomplishment when those goals are reached, enhances the enjoyment of participation in activities, increases the likelihood of continued participation and therefore improves performance. Because fitness, nutrition, hydration, and sleep also play a role in performance it is important to set goals in these areas as well.

Setting realistic goals in activity, as well as other health habits such as nutrition, hydration and sleep, play an important role in maintaining or improving appearance. Activity and nutrition make up a person's body composition and sleep and hydration can affect a person's skin. Therefore, setting goals in these areas can enhance appearance.

Using the fitness measurements to set goals in the five components of fitness, then periodically practicing the measurements and re-evaluating the goals, allows a person to achieve short and Long-term success in improving fitness and health, performance and appearance. Once a person understands the process of goal setting, or creating a plan for improvement, and how to work towards their goals, it can be used to help them maintain or improve fitness and health, performance and appearance for life.

When setting Short-term goals that can be achieved in 2 to 4 weeks and Long-term goals that are achieved in 2 months or more, the Five for Life program uses the **S.M.A.R.T. goal setting strategy**. The acronym S.M.A.R.T. stands for Specific, Measurable, Aggressive, Realistic, and Time-bound.

<b>S</b>	<b>Specific:</b> <ul style="list-style-type: none"> <li>Goals are straight forward</li> <li>Details efforts and clearly define what is to be accomplished</li> </ul> <b>Example:</b> A general goal would be "Increase upper body strength" but a specific goal would say, "I want to increase the number of push-ups I can do."
<b>M</b>	<b>Measureable:</b> <ul style="list-style-type: none"> <li>Must be able to answer the questions; "How much?", "How Many?", or "How will I know when it is accomplished?"</li> </ul> <b>Example:</b> A general goal would be "I want to do more push-ups" but a measureable goal would be "I want to increase the number of push-ups I can do by 4."
<b>A</b>	<b>Aggressive:</b> <ul style="list-style-type: none"> <li>Requires effort to achieve beyond what has been achieved before</li> </ul>
<b>R</b>	<b>Realistic:</b> <ul style="list-style-type: none"> <li>Achievable</li> <li>Reachable and relevant</li> </ul>
<b>T</b>	<b>Time-bound:</b> <ul style="list-style-type: none"> <li>Achieved in a given time period</li> </ul> <b>Example:</b> A general goal would be "I want to do more push-ups" but a time-bound goal would be "I want to increase the number of push-ups I can do by the end of the month."
<b>S M A R T</b>	<b>S.M.A.R.T. Example:</b> "I want to increase the number of push-ups ( <b>specific</b> ) I can do by 4 ( <b>measureable</b> ) push-ups by the end of the month ( <b>time-bound</b> )." *Setting goals that are aggressive and realistic is dependent on the individual*



**Level:** Intermediate

**Objective:**

Students will develop a Five for Life Fitness Plan based on his/her fitness measurements and using the FITT Principle. Students will evaluate and adjust goals for her/his fitness plan throughout the term.

## FIVE FOR LIFE INTERMEDIATE FITT FITNESS PLAN

**Explanation:**

Using the FITT Principle when developing a fitness plan will help students achieve desired results. The FITT Principle is the plan that, when used consistently, allows goals to be reached. The FITT Principle can be adjusted to ensure that goals are attainable.

The Long-term goal of any fitness plan is to improve health, performance and appearance. There are a variety of reasons for this goal, the first of which is to help maintain or improve overall health. Another reason is to improve performance in personalized activities. Thirdly, appearance can be greatly enhanced using a fitness plan. It is important to consider the work performed, activities enjoyed and the weaknesses inherited when setting goals and developing a fitness plan.

In order to achieve short- and Long-term success in fitness measurements, it is important to develop a fitness plan in all five components of fitness. It is essential to use the fitness measurements and the FITT Principle when developing this plan, and also to periodically practice the measurements and reevaluate goals. If fitness levels in one or more of the components are at or above the healthy level a goal is written for either maintenance or improvement for the component. Once a person understands the process of developing a fitness plan and how to work towards goals, he/she can use this information to keep fit and healthy for life.

The Five for Life program uses the S.M.A.R.T. goal setting strategy when writing goals. The acronym S.M.A.R.T. stands for Specific, Measurable, Aggressive, Realistic, and Time-bound.

A fitness plan should be used consistently until it becomes a lifetime habit. It can be used to maintain or improve health, performance and appearance.

**Directions:**

1. Explain to students that there are three parts needed to develop a fitness plan
  - a. Fitness measurements and goals for improving them (Five For Life Measurement Recording Sheet)
  - b. Health, performance and appearance goals (Five for Life Health, Performance and Appearance S-M-A-R-T Goals Worksheet)
  - c. Five for Life Intermediate FITT Fitness Plan template
2. Have students review baseline fitness measurements and the goals they have set for improving those measurements.

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