Goal-Setting Form

Name	Anna Darelli	Date	12-Sep-12
Course	Fitness for Life	Section	HLAC 1096

Instructions

Indicate your general goal for the four health-related components of fitness and write the specific objectives you will use to accomplish these goals in the next few weeks.

Cardiorespiratory Endurance Goal: Be able to run 1.5 miles in 13:00 by 23-Oct-12.

Specific Objectives:

1. Routinely practice breathing at a 3:2 ratio.
2. Do cardio at least 3 times a week.
3. Increase the length of my cardiovascular workouts.

Muscular Strength/Endurance Goal: Be able to bench press 100 pounds by 23-Oct-12.

Specific Objectives:

1. Perform arms/chest/shoulders workouts at least 3 times a week.
2. Mix up exercises to avoid the plateau affect.
3. Eat adequate protein and carbohydrates to fuel my muscles during my workouts.

Muscular Flexibility Goal: Be able to do the splits by 23-Oct-12.

Specific Objectives:

1. Stretch all of my major muscle groups BEFORE and AFTER participating in a workout.
2. Hold each stretch for at least 30 seconds.
3. Incorporate yoga workouts into my routine to improve flexibility.

Body Composition Goal: Be at 20% body fat by 23-Oct-12.

Specific Objectives:

1. Plan and record intake of food.
2. Complete both cardiovascular and muscular goals as set above.
3. Get an adequate amount of sleep every night.

Signature Anna Darelli

12-Sept-12	23-Oct-12
Today's Date	Date of Completion