Activity – Pgs. 133-138 LIFE SKILL: SETTING GOALS

Datasheet for In-Text Activity

Real Life Activity: Develop Your Fitness Plan

MATERIALS

 paper

 pencil

 ruler

PROCEDURE

 1. Draw a table that has seven columns. Title the table “Activity Plan for the Week.” Label the columns with the days of the week.

 2. Write your fitness goal below the table. For example, you might write, “I want to run a 5 kilometer race in under 30 minutes.”

 3. Create a week of activities that are based on developing the five components of physical fitness. Remember to include at least 60 minutes of activity daily.

**\*\*IN ADDITION TO 1-3, MAKE SURE YOU HAVE:**

 **An appropriate warm-up & cool-down, including stretching**

 **5 day minimum workout including 3 Aerobic & 2 Anaerobic days**

 **Include Intensity (% of THR)**

\*\*ANSWER THE 5 QUESTIONS BELOW.

CONCLUSIONS

 1. Summarizing Results What resources in your community can you use to carry out your fitness plan?

 2. Applying Information Describe how your fitness plan will help you reach your goal.

 3. Critical Thinking Develop ways to address possible barriers to your training program, such as bad weather, expensive equipment, or lack of time.

 4. Critical Thinking Identify ways you can assess your progress.

 5. Critical Thinking How can you reward yourself for following your plan?