



# PERSONAL FITNESS

WHAT IS PERSONAL FITNESS?

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WHAT DOES BEING PHYSICALLY FIT MEAN TO YOU?

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WHAT IS A GOAL?

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LIST 2 GOALS THAT YOU HAVE UNDER THE FOLLOWING CATEGORIES:

SHORT TERM                      INTERMEDIATE                      LONG TERM

- 1.
- 2.

ALL GOALS (REGARDLESS OF WHAT THEY MIGHT BE) MUST CONTAIN THE FOLLOWING CRITERIA:

**WRITTEN**-- \_\_\_\_\_

**REALISTIC**-- \_\_\_\_\_

**OBTAINABLE**-- \_\_\_\_\_

**MEASURABLE**-- \_\_\_\_\_

**TIME FRAME**-- \_\_\_\_\_

**OBJECTIVE**-- \_\_\_\_\_

**BENCH MARKS**-- \_\_\_\_\_

THE FITNESS COMPONENTS THAT WILL BE COVERED DURING PERSONAL FITNESS ARE:

**MUSCULAR STRENGTH**

**MUSCULAR ENDURANCE**

**CARDIOVASCULAR ENDURANCE**

**FLEXIBILITY**

**BODY COMPOSITION**

LIST THREE PIECES OF KNOWLEDGE THAT YOU WANT TO OBTAIN DURING PERSONAL FITNESS:

- 1.
- 2.
- 3.