**Fitness Goal Tracker** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **S** | Make it **S**pecific  What do I want to accomplish? |  |
| **M** | Make it **M**easurable  How can I track my progress? | **I will use this Fitness Log Book to track my progress.** |
| **A** | Make it **A**ttainable  What steps can I take to reach my goal? | **I will do the exercises listed below to help me reach my goal.** |
| **R** | Make it **R**ealistic  What skills and resources can help me reach this goal? |  |
| **T** | Make it **T**ime-Based  When do I want to complete this goal? | **Fitness #2, January Fitness #3, March**  **Fitness #4, June** |

**Fitness Goal: I want to get \_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_.**

**The muscles I need to focus on for this goal are...**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What exercises can help me reach my goal?**

|  |  |  |
| --- | --- | --- |
| **Exercise:** | **How to:** | **Materials:** |
|  |  |  |
| 2) |  |  |
| 3) |  |  |
| 4) |  |  |
| 5) |  |  |

**Fitness Log:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date and Location:** | **Exercise:** | **Results:** | **Reflection (1-5):** |
| Example  October 30th, 2017  The gym | 1. Pushups 2. Triceps dip | 1. 20, 2 times 2. 10, 3 times | I would give myself a 3 today. My pushups were a little shaky so I might work on some core exercises next time. |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Date and Location:** | **Exercise:** | **Results:** | **Reflection:** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Date and Location:** | **Exercise:** | **Results:** | **Reflection:** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **Date and Location:** | **Exercise:** | **Results:** | **Reflection:** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date and Location:** | **Exercise:** | **Results:** | **Reflection:** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |