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

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| **S** | Make it **S**pecificWhat do I want to accomplish? |  |
| **M** | Make it **M**easurableHow 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**ealisticWhat skills and resources can help me reach this goal?  |  |
| **T** | Make it **T**ime-BasedWhen 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...**

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

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

**Fitness Log:**

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| **Date and Location:** | **Exercise:**  | **Results:**  | **Reflection (1-5):**  |
| ExampleOctober 30th, 2017The 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. |
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