Setting Specific Family Fitness Goals

Overall Family Fitness
Goal 1: __________________
________________________
________________________

Goal 2: __________________
________________________
________________________

WHAT do we want to achieve?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

HOW will we know we have progressed? (What are the measurable goals we want to reach?)
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

HOW does this goal challenge us to improve?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

WHY do we want to achieve this goal?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

WHEN will we meet this goal?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Individual Goals:

Parent: ______________________________________________________

Parent: ______________________________________________________

________ (child): _____________________________________________

________ (child): _____________________________________________

_________ (child): _____________________________________________

S.M.A.R.T. Goals

Specific - A specific goal with several details, including what, why, how, and where.

Measurable - Quantified goal to measure progress.

Attainable - Challenging, but not frustrating.

Realistic/Relevant - Why do you want to achieve this goal?

Time-bound - Set time frames.