

SMART Goals

S – Specific

M – Measurable

A – Attainable

R – Realistic

T – Timely

Goal #1:

Goal #2:

Goal #3:

5 Health Related Components

Muscular Strength

Muscular Endurance

Cardiorespiratory Endurance

Flexibility

Recreational Exercise

F.I.T.T.

F – Frequency

I – Intensity

T - Time

T - Type