Physical Activity Goal Tracker

90 DAYS

Record your fitness journey here.

Write a plan for how you will move your body. Include a measurable goal for a 90 day period. An example of a measurable goal is:

- I will be able to lift ___ amount of weight.
- I will be able to jog ___ miles in ___ minutes.
- I will be able to place my hands flat on the ground while bending over.

These are all goals that you can "measure" your beginning ability and compare it to your 90 day ability.

Show your teacher your measurable 90 day goal. Demonstrate your current ability with that goal. Write down your baseline achievement. At the end of each month, demonstrate your progress towards your goal. Write it down in your log. When the 90 days are over, attempt to achieve your goal one more time. Make notes of your progress and whether you achieved your goal or not.

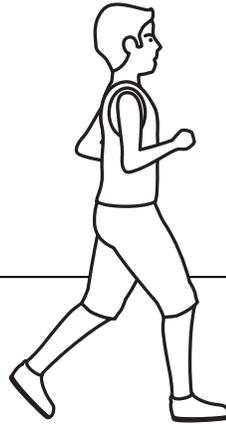### Goal Setting & Start Date

Start date: _____

End date: _____
(90 days from start):

My 90-day physical activity goal: (Example: "I can jog for 20 minutes continuously before needing to walk.")

_____

_____

_____

_____

My starting point: (Example: "I can jog for 3 minutes continuously before needing to walk.")

_____

_____

_____

_____

Physical Activity Goal Tracker (cont.)

30-Day Progress Check

Date:

My progress so far: (Mark the checkbox that best describes your progress.)

☐ no progress   ☐ gaining momentum   ☐ halfway there   ☐ almost there   ☐ I did it!

What am I doing that is helping me make progress?

_____
_____
_____
_____

Do I need to adjust anything to increase the chance of reaching my 90 day goal?

_____
_____
_____
_____

I am proud of myself for....

_____
_____
_____
_____

you are AMAZING

Physical Activity Goal Tracker (cont.)

60-Day Progress Check

Date:

My progress so far: (Mark the checkbox that best describes your progress.)

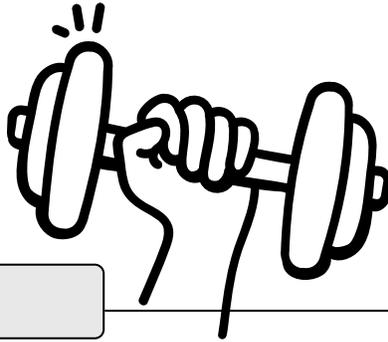☐ no progress   ☐ gaining momentum   ☐ halfway there   ☐ almost there   ☐ I did it!

What am I doing that is helping me make progress?

_____
_____
_____
_____

Do I need to adjust anything to increase the chance of reaching my 90 day goal?

_____
_____
_____
_____

I am proud of myself for....

_____
_____
_____
_____

Keep GOING

Physical Activity Goal Tracker (cont.)

Date:

90 DAYS

My final ability: (Example: "I can jog for 20 minutes without stopping.")

_____

_____

_____

I am proud of myself for (Example: setting an alarm as a reminder to work towards my goal)...

_____

_____

_____

Is there anything I would do differently?

_____

_____

_____

Many things can be accomplished and turn into good habits by setting short term goals. Consider setting another goal for physical activity and/or anything else.

I will consider these 90 day goals in the future:

_____

_____

_____

Do I want to repeat this goal or set a new one? Write your response or new goal below.

_____

_____

_____