

Focused Fitness Goals Assignment

25 points (Summative) Due _____

Go To...

- 1) Focusedfitness.org : User Name is your Student ID #, Password is your Birthday month – day (02-17).
- 2) Click on the FITNESS module - then enter your goals for mid-term into the box with the YELLOW DOT, GOAL #1. Do this for the 4 main components we tested. (*Not Goal #2. Goal #2 is for after mid testing*).
- 3) Decide which two components of fitness you need to focus on the most during this semester. Considering your near and future needs. What will you be doing this summer or next fall? Which areas of fitness do you need to be more successful?
- 4) Then, where it says “ENTER YOUR FITNESS PLAN”, write a general reflection of your overall results and what you think about them. Next, write separate paragraphs about each of the two goals you chose from above and address each one individually. Be sure you include the following rationale for each goal:
 - a. WHY did you choose these 2 assessments over the other 2?
 - b. Consider your outside activities and current level of health and/or your personal family history (genetics).
 - c. Explain how the 2 components you chose in #4 will affect your future.

Make sure you click “Save Information”!

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- 3) Decide which two components of fitness you need to focus on the most during this semester. Considering what you might have coming up in the near future that could benefit from improving in some components more than others.
- 4) Then, where it says “ENTER YOUR FITNESS PLAN”, write a general reflection of your overall results and what you think about them. Next, write separate paragraphs about each of the two goals you chose from above and address each one individually. Be sure you include the following rationale for each goal:
 - a. WHY did you choose these 2 assessments over the other 2?
 - b. Consider your outside activities and current level of health and/or your personal family history (genetics).
 - c. Explain how the 2 components you chose in #4 will affect your future.

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