

Fitness Testing & Personal Goals Reflective Essay ***(yes, typed)***

1). Intro Paragraph – (Standard)

2) Core paragraphs ...include:

State your four specific goals one at a time for a)Cardio, b)Flexibility, c)Muscular Endurance and d)Muscular Strength. For each, explain if you achieved your personal goals and **why or why not?** Which two were you focusing on that you wrote about in your fitness plan in Welnet (the paragraph you wrote about at the beginning of the semester)?

What all contributed to your final outcome? Give as much detail as you can to show you understand what efforts and actions inside and outside of class contributed to the success (or not) of meeting your goals. Be honest and include as many reasons as you can to show the correlation between your behavior and your final testing scores. Ideally, I am looking for a clear explanation using your knowledge of *specificity* and *progression*.

3) What are you most proud of and what would you do differently if you had the chance?

4) What's next for you? What is your next goal in becoming healthier based on your results? What factors might you need to consider regarding your family background and personal habits? Be specific including numbers and time lines. How do you plan to do this (what activity and support might you need, etc.)...what is your plan for the next 3 months and/or next year? What did you get from this 4 month experience that will help you do this?

5) Anything else that you'd like to share or reflect upon for your benefit or mine that would explain your behavior, efforts, outcomes, etc. this semester (Optional).

6) Conclusion – (Standard) ☺

Final Format

STAPLE your Reflection Paper in this order...

1. Reflective Essay on TOP including name, period and date
2. Focusedfitness.org Print out (don't forget to HIGHLIGHT your Personal Records!)
Staple or tape your PR Card to the bottom of the Focused Fitness printout.
3. Your final Behavior Rubric - with **Highlighted words** that best describes your semesters efforts (on the back of this paper) & make sure you have a parent/guardian signature.