**Fitness Plan**

**Based on your fitness measurements set three (3) SMART goals related to your physical fitness and wellness:**

1.

2.

3.

**What is your “reward” for achieving each goal:**

1.

2.

3.

**Improving physical fitness is often challenging and you will encounter barriers. List barriers you might encounter while working to meet your goals and two actions to overcome these barriers.**

Barrier: \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actions to Overcome:\_

Barrier: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actions to Overcome:\_

Barrier: \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actions to Overcome:\_

***What strategies will you do daily to add physical activity to your daily routine?***

1.

2.

3.

***What tools/steps will you use to monitor your program and progress in meeting your goal?***  (charts, journals, etc.)

1.

2.

3.