LAB 5.3 • PLANNING A FLEXIBILITY PROGRAM

Name: _____   **Date:** _____

Instructor: _____   **Section:** _____

Materials: Results from Lab 5.1

Purpose: To learn how to set appropriate flexibility goals and create a personal flexibility program.

SECTION I: SHORT- AND LONG-TERM GOALS

Create short- and long-term goals for flexibility and back health. Be sure to use SMART goal-setting guidelines (*s*pecific, *m*easurable, *a*ction-oriented, *r*ealistic, *t*ime-oriented). Select appropriate target dates and rewards for completing your goals.

Short-Term Goal for Flexibility (3 to 6 months)

_____

_____

Target Date: _____

Reward: _____

Optional: Short-Term Goal for Back Health (3 to 6 months)

_____

_____

Target Date: _____

Reward: _____

Long-Term Goal for Flexibility (12+ months)

_____

_____

Target Date: _____

Reward: _____

Optional: Long-Term Goal for Back Health (12+ months)

_____

_____

Target Date: _____

Reward: _____

SECTION II: FLEXIBILITY PROGRAM DESIGN

Complete one line for each exercise you have chosen to do in your program.

Stretching Exercises	Frequency (days/week)	Time (sec)	Reps (number)	Total Time (sec)
LOWER BODY				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
UPPER BODY				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

SECTION III: TRACKING YOUR PROGRAM AND FOLLOWING THROUGH

1. **Goal and Program Tracking:** Use the following chart to monitor your progress. Change the frequency, time, sets, and reps frequently to ensure continuing progress toward your goals.

2. **Goal and Program Follow-up:** At the end of the course or at your short-term goal target date, reevaluate your flexibility and answer the following questions:

    a.   Did you meet your short-term goal or your goal for the course?

    b.   If so, what positive behavioral changes contributed to your success? If not, which obstacles blocked your success?

    c.   Was your short-term goal realistic? After evaluating your progress during the course, what would you change about your goals or training plan?

Flexibility Training Log		
DATE	Stretches Completed (with time/reps)	COMMENTS (e.g., stretches modified, stretches held longer, how you felt, etc.)

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.