

**LAB 4.3 • SETTING MUSCULAR FITNESS GOALS**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor: \_\_\_\_\_ Section: \_\_\_\_\_

**Purpose:** To learn how to set appropriate muscular fitness goals (short- and long-term).**SECTION I: SHORT- AND LONG-TERM GOALS**

Create short- and long-term goals for muscular strength and muscular endurance. Be sure to use SMART (Specific, Measurable, Action-Oriented, Realistic, Timed) goal-setting guidelines. Apply information from the Chapter 4 text and use your results from Labs 4.1 and 4.2. Remember that aiming to improve your assessment scores is a measurable way to set goals. Select appropriate target dates and rewards for completing your goals.

## Short-Term Goals (3–6 months)

**1. Muscular Strength Goal:**

\_\_\_\_\_

Target Date: \_\_\_\_\_

Reward: \_\_\_\_\_

**2. Muscular Endurance Goal:**

\_\_\_\_\_

Target Date: \_\_\_\_\_

Reward: \_\_\_\_\_

## Long-Term Goals (12+ months)

**1. Muscular Strength Goal:**

\_\_\_\_\_

Target Date: \_\_\_\_\_

Reward: \_\_\_\_\_

**2. Muscular Endurance Goal:**

\_\_\_\_\_

Target Date: \_\_\_\_\_

Reward: \_\_\_\_\_

## SECTION II: MUSCULAR FITNESS OBSTACLES AND STRATEGIES

What barriers or obstacles might hinder your plan to improve your muscular fitness? Indicate your top three obstacles below and list strategies for overcoming each obstacle.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

## SECTION III: GETTING SUPPORT

- 1.** List resources you will use to help change your muscular fitness:

Friend/partner/relative: \_\_\_\_\_ School-based resource: \_\_\_\_\_

Community-based resource: \_\_\_\_\_ Other: \_\_\_\_\_

## SECTION IV: REFLECTION

- 1.** How realistic are the short- and long-term target dates you have set for achieving your muscular fitness goals?

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- 2.** Are there any other strategies not listed above that could assist you in reaching your goals?

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- 3.** Think about all of the opportunities that present themselves in your daily life to work toward muscular fitness. List as many of these as you can think of:

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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.