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| 1. What (in your opinion) are the strengths of your current lifestyle?  Consider exercise, nutrition, stress management, other lifestyle factors, etc. | My Strength Is eating pretty healthy(Vegetables,Meat), Having gym and Soccer practice for exercise. |
| 2. What (in your opinion) are the weaknesses of your current lifestyle? | Watching anime, reading manga, and adding stuff on my site that I’m making instead of going for a run. |
| 3. List three specific, measurable goals that you have for this semester.  Include   1. Cardiovascular Fitness Goal: 2. Strength Goal: 3. Flexibility Goal: | 1. Cardiovascular Fitness Goal: Get 40 laps instead of 30 2. Strength Goal: Get 2 Minutes or more on my plank 3. Flexibility Goal: Get 17 Or better on sit and reach. |
| 4. Are you happy with your nutritional status?   1. List three things you will add or subtract from your diet to improve your nutrition status. | Add: Fruit and Eggs  Subtract: no added Sugar in cereal for breakfast |
| 5. List the days and times each week that you will put into your schedule for workout times. This can include the LCC Fitness Center **or on your own.** | **Monday:  12-1, 4-530**  **Tuesday:12-1, 530-630**  **Wednesday:12-1,  4-530**  **Thursday:12-1, 530-630**  **Friday: 12-1, 4-530** |
| 6. In the coming weeks, you will meet briefly with your Instructor to discuss your Fitness Plan. Jot down the suggestions the Instructor gives you.  (This portion will be handwritten and will be done when we are scheduled in the computer lab or fitness center.) |  |