

## 8.5 My Fitness Vision Board Worksheet

### Materials Needed

- Large paper or posterboard
- Colored markers/pencils
- Scissors (optional)
- Magazines (optional)
- Glue stick (optional)

### Step-by-Step Instructions

#### 1. Preparation

- Clear a flat workspace
- Gather all materials listed above
- Divide your paper into 6-8 sections

#### 2. Activity Selection

List 6-8 physical activities you want to try or continue:

Activity	Current or Future?	How it makes me feel

#### 3. Set Specific Goals

Choose 3 activities from above and create SMART goals:

**Goal 1:** \_\_\_\_\_

- Target date: \_\_\_\_\_
- How I'll measure success: \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

- Target date: \_\_\_\_\_
- How I'll measure success: \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

- Target date: \_\_\_\_\_
- How I'll measure success: \_\_\_\_\_

## 4. Visual Design

*Check the methods you'll use for each activity:*

- ☐ Draw simple pictures
- ☐ Write names in bubble letters
- ☐ Use magazine cutouts
- ☐ Create symbols
- ☐ Use color coding: \_\_\_\_\_

## 5. Inspiration Words

Write 8-10 feeling words to include on your board:

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## 6. Completion Checklist

- ☐ At least 4 different activities represented
- ☐ Mix of current and future activities
- ☐ At least 2 goals with specific targets
- ☐ Words describing desired feelings
- ☐ Visually appealing layout

**Board Location:** Where will you display your vision board?

*Remember: Your vision board is a living document - update it as your fitness journey evolves!*