

8.5 Your Lifelong Fitness Journey

Creating Your Fitness Timeline

A fitness timeline helps you visualize staying active throughout different stages of your life. This isn't a rigid plan but a flexible roadmap that will evolve as you discover new interests and navigate life changes.

Instructions

1. Use a sheet of paper in landscape orientation
 2. Draw a horizontal line across the middle
 3. Mark three key points: "Now," "High School," and "Adult"
 4. Create a box at each point with the following elements
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Your Timeline Boxes

NOW

- Activity to try: _____
- Performance goal: _____
- Process goal: _____
- Health goal: _____

HIGH SCHOOL

- Activity to try: _____
- Performance goal: _____
- Process goal: _____
- Health goal: _____

ADULT

- Activity to try: _____
 - Performance goal: _____
 - Process goal: _____
 - Health goal: _____
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Goal Types Reference

Goal Type	Definition	Example
Performance	Focuses on a specific achievement or result	Run a 5K race in under 30 minutes
Process	Addresses the habits and actions that lead to results	Exercise for 30 minutes, 3 times weekly
Health	Targets overall wellbeing rather than specific abilities	Improve cardiovascular endurance

Reflection Questions

1. How do your chosen activities connect to your interests?

2. What obstacles might you face, and how could you overcome them?

3. Which activities could potentially become lifelong pursuits?

Safety Reminder

Set challenging but reasonable goals. Start small and gradually increase intensity as you build strength and confidence.

Remember that your fitness journey is personal and unique to you. This timeline is a starting point that will evolve as you discover what works best for your body and lifestyle.