

# Goals For My Body in 5 easy steps

*I need to take care of my body. Being active helps me stay healthy.*

*Hidden under my skin are hundreds of muscles. I need these muscles to run, to breathe and even just to stand up.*



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

METRO ATLANTA YMCA



A Youth Fit For Life Activity Workbook

# STEP 1 The Finish Line

A goal is like a finish line. Write down three goals you have for improving your body. Be very specific.

Example: *I want... my legs to be stronger so I can jump higher.*

My 3 Goals (complete the sentences):

1. I want... \_\_\_\_\_
2. I want... \_\_\_\_\_
3. I want... \_\_\_\_\_

# STEP 2 The Path



We divided the path to your goals into 5 parts. To **START**, pick a number between 1 and 5 that best describes where you are "**now**" on this goal. Every two weeks chart your progress by writing a number from 1 to 5 in the circle.

	START	Wk 2	Wk 4	Wk 6	Wk 8	Wk 10	Wk 12
Example	2	2	3	4	3	4	4
Goal 1	○	○	○	○	○	○	○
Goal 2	○	○	○	○	○	○	○
Goal 3	○	○	○	○	○	○	○