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**SMART Goals**

This semester in my personal fitness class I plan to initiate the progression towards my SMART goals. I will consistently carry out my duty of working towards my SMART goals every day, because of the opportunities and resources I am given at Indiana University. Because of my personal fitness class this fall I have gained an aspiration towards setting fitness goals and working ferociously towards achieving my fitness goals. I have designed a well conducted plan with steps to reach my SMART goals by their target dates.

My first short term SMART goal is based around muscular strength and endurance; the push up test. During the next 16 weeks, I will increase the amount of push-ups I can achieve. Once every week, I will record my updated progress and track my improvement of how many push ups I accomplished. This is action-oriented because I can visit the student recreational center 7 times a week or even practice my push ups at home. I am going to at least do 47 push ups or more. I want to increase my push up count by 18 more before December 5th. The reward that comes with achieving this goal is a healthier body, which is more than enough to satisfy myself. This goal is achievable because many of my peers achieved the superior amount of push ups and encourage me to workout better everyday. After I reach my goal, I will push on forward to reach more achievements involving push ups.

My second short term SMART goal involves cardio respiratory fitness. During the next 16 weeks, I will run 1 mile to 1.5 miles on the indoor track at the WIC, at least once a week and possibly 2 times a week to try to reduce a minute from my 1.5 mile run. Once every other week,
I will time my run around the track using a stopwatch. This is action-oriented because I have any day of the entire week to run at the WIC track or outside or on a treadmill. I am going to reduce 1 minute from my 1.5 mile run. I want to reduce a minute from my run time before December 5th. The reward that comes with achieving this goal is a healthier cardio system. This goal is achievable because I can train for this goal everyday, no excuses. After I reach my goal, I will continue the trend I set for myself and continue to reduce my time.

My long term SMART goal is the push up test, but to reach a higher goal than my short term goal for the push up test. During the next 12 month, I will practice my push ups at the student recreational center, at home, or wherever I am to reach the superior category of 62 push ups or more. Once every other week, I will record my number of push ups I achieve within a minute. This is action-oriented because I will produce the time I need to practice my push ups. I am going to increase my push ups to 62 within 1 minute. I want to increase my push ups in 1 minute from 29 to 62 by August of 2018. The reward involves a more defined/toned body, which is an overall long term reward for all of my fitness goals. This long term goal is achievable because time can always be made to practice push ups. After I reach this long term goal, I will continue to be doing push ups, and create more, diverse long term goals of other fitness categories.

This semester I would like to learn how to improve my muscular strength, more specifically increase the number of push ups I can achieve within 1 minute. Also, improve my cardio respiratory fitness, for example run faster and for a longer period of time. Lastly, I want to improve my work effort and determination while working out, and be able to output more energy within the gym. I truly believe this personal fitness class will guide me and show me the correct
path towards accomplishing not only my SMART goals, but also my wishes of learning new fitness techniques.