

PE & HEALTH · GRADES 5–6

My Fitness Plan

Four weeks — set goals and track

Step 1 — My goal

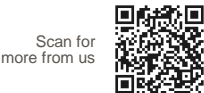
What do you want to improve? (Endurance / strength / flexibility / a sport-specific skill). Write a SMART goal: Specific, Measurable, Achievable, Relevant, Time-bound.

Step 2 — Weekly activities

List 3–4 activities you'll do each week. Include at least one that raises your pulse, one for strength, and one for flexibility.

Step 3 — Track 4 weeks

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
3							
4							

Step 4 — Reflect

Did you reach your goal? What worked? What was hard? What would you change next time?

