**Fitness Goal Setting**

**2014**

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| Type of Fitness | How did I do? | What will I do to address this?  (Type of exercise, or for body composition, diet. May list more than one) | QUANTIFY: How many, how often? |
| Body Composition | BMI=24.7, borderline | * I’d like to lose a little bit of weight * Exercises below will help * Limit after dinner chocolate | * 5 lbs * See below * No more than 2 squares |
| Strength | Situps  =Average  Pushups =Excellent | Strength training regimen given by trainer, (goblet squats, lunge, overhead press, plank w/hip extension, side plank, flys, body dips, lateral raise, front raise, wall squats with ball), will add situps | * Mon, Wed, Fri * 40 mins |
| Aerobics | Can’t assess the 1 mile walk because we didn’t take heart rate, but 3mph is “average” (I did it in 20 min) | * Walk to work * Vigorous exercise (swim 1 mile, bike 12 miles, hike 1.5 hours, or equivalent) | * 2.5 miles 5x/week * 3X /week |
| Flexibility | Fair | * Yoga | * 30-40 mins 2X/week |