**Fitness Goal Setting**

**2014**

Name: \_\_\_\_\_\_Michelle Holmes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| 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=AveragePushups =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
 |