

Fitness for Life

Chapter Three – Goal Setting Homework Assignment

1. Which healthy lifestyle goal appeals most to you?
 - a. Physical Activity
 - b. Fitness
 - c. Healthy Eating
 - d. Amount of Sleep
 - e. Body Weight/Shape
 - f. Stopping an Unhealthy Behavior

2. Create a process goal based on your healthy lifestyle goal from question #1.

3. Create a product goal based on your healthy lifestyle goal from question #1.

4. Which list includes important guidelines for setting goals?
 - a. Choose a few goals at a time, use the SMART formula, work toward your goals with a friend
 - b. Choose a few goals at a time, put your goals in writing, keep a log to track your progress
 - c. Choose a few goals at a time, use the SMART formula, focus on product goals
 - d. Choose a few goals at a time, put your goals in writing, avoid long-term process goals