

Goal Setting

Name _____ Date _____

Grade _____ FitCheck # _____

What do your FitScore and SitScore mean? If your totals were 5 to 7, keep it up! If they were 0 to 4, try to increase them!

1. Your FitScore = _____.

I need to (circle one): Keep it up Increase

2. Your SitScore = _____.

I need to (circle one): Keep it up Increase

Make Fit and Sit goals! If you have scores you want to maintain, way to go! If you want to increase your scores, think of one to three realistic strategies you can work out with your family. For example, identify a time when you usually play computer games, and spend some or all of that time playing with friends or family instead. Or walk or bike to school instead of getting a ride.

I will try to increase my (circle one or both) FitScore SitScore by doing the following:
