

Name: _____ Date: _____ Ambient heart rate: _____

This activity gives you a chance to practice the goal-writing skills you just learned. There are goals for various reasons and durations (e.g., fitness vs. nutrition goals, short-term vs. long-term goals). Here you will practice writing an activity goal. This should be a short-term goal that will lead toward the successful completion of a long-term fitness goal.

Your task is to write a steady-state physical activity goal for class today. A steady-state activity is one in which you maintain a steady heart rate for a given time frame. Focus on a specific heart rate range (zone) and duration of exercise. Make sure the duration fits within the time frame of the class (e.g., 160 to 180 bpm for 15 minutes). For this practice, use zone 3 as your range.

My zone 3 heart rate range is _____ to _____ bpm.

Write today's steady-state activity goal. Remember to make it a SMART goal.

If your heart rate monitor has a zone feature, enter your zone 3 range, choose an activity, and do the workout.

Now, write a new goal with a narrower heart rate range and a longer duration (e.g., 160 to 170 bpm and 20 minutes).

My second activity goal for today is _____.