**Fitness & Nutrition Goals Reflection**

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**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_**

***\*\*THIS IS YOUR NUTRITION UNIT TEST GRADE!! \*\****

***Make sure your answers are reflective, detailed, and thoughtful in nature!***

1. Overall, how well did you accomplish your goals? Look at your graph, write down how many days you succeeded (smiley faces) and EXPLAIN your efforts.

2. ***HOW*** did your parents or other support systems (friends, siblings, extended family, coaches, team mates, etc) help you achieve your goals? ***In what ways?***

\*\**If no one helped you along the way*, then tell me 3 ways that you ***could*** have received support from other people or sources that would have helped you to be more successful & accomplish your goals.

1)

2)

3)

3. Why did you decide to choose the three goals that you chose for this assignment?

(Comment on **EACH** of the three). ***WHAT WAS YOUR MOTIVATION??***

Goal #1:

Goal #2:

Goal #3:

4. Did your efforts in trying to increase your nutrition and fitness habits ***HELP*** you improve your physical health? Think about specific ways (3) that these goals helped you feel or look better or comment on any other concrete evidence of health improvement. \*\**If you did NOT* ***notice*** *any, then tell me three ways that you think these goals COULD improve your physical health.*

1)

2)

3)

5. Will these three goals be things that you will continue to work on and maintain as part of your daily habits? Circle one: YES or NO

Why is it worth it to you to keep working on these goals? ***OR*** Why ISN’T it important to you?

If you said you would NOT like to continue with THESE goals, what is another fitness/nutrition goal that you think may be better for you to work on right now?

(*Remember the SMART goal-setting formula*)

If you said you WOULD like to continue, what ***additional health benefits*** or results are you *hoping* to see or hoping will continue to improve or progress?

6. Now that you have worked on these goals for a few weeks and have reflected on your level of success (or lack of success), what are three things you will do to be more successful in your efforts for improved physical health in the future? \*\*Think of daily behaviors or HABITS that you may re-consider to help you be ***more*** successful. (BE SPECIFIC!!)

1)

2)

3)

7. What was one of the most IMPORTANT things you learned in this nutrition unit that specifically applies to YOU or has had some impact on your life, your opinions, or feelings?

8. What is something related to exercise or nutrition that you think we could learn about or discuss in class that would help YOU as a teenager, **RIGHT NOW**, to improve your physical health better?