



Setting Your Personal Goals

Setting goals helps you understand your current abilities and decide how you want to improve on those abilities to accomplish new things.

For the Fitness Challenge, please create a personal goal that fits into one of the following 3 categories:

1. Activity
2. Nutrition
3. Hydration

The first step in setting a good personal goal is to make sure it is S.M.A.R.T.! This means your personal goal should be:

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound

Example 1: My personal activity goal is to complete a BINGO square 4 times a week to complete the card in 6 weeks.

The goal is specific to the activity category, the measurement is 4 BINGO squares per week, it is relevant to the Fitness Challenge, and is time bound in the 6 week challenge period.

Example 2: My personal nutrition goal is to eat at least 3 servings of fruits or vegetables a day for 6 weeks.

The goal is specific to the nutrition category, the measurement is 3 servings of fruits or vegetables a day, it is relevant to the Fitness Challenge, and is time bound in the 6 week challenge period.

Example 3: My personal hydration goal is to drink at least 3 bottles of water a day for 6 weeks.

The goal is specific to the hydration category, the measurement is 3 bottles a day, it is relevant to the Fitness Challenge, and is time bound in the 6 week challenge period.

Use the boxes below to fill out your personal Fitness Challenge goal.

Fitness Challenge

Special Olympics
Arkansas



My personal goal category (Activity, Nutrition, Hydration):

Write out your personal goal again and cut out to keep in a visible place in your home!

My personal goal: