

FITNESS TESTS

>>>>>>

# SMART Goals Worksheet

Set targets. Track progress. Achieve more.

Use with the Fitness Tests app to set and monitor your fitness goals

[fitness-tests.com](https://www.fitness-tests.com)

# What is a SMART Goal?

A framework for setting goals that actually work



## Specific

Clearly define what you want to achieve



## Measurable

Include numbers so you can track progress



## Achievable

Challenge yourself, but keep it realistic



## Relevant

Make sure it matters to YOUR fitness journey



## Time-bound

Set a deadline to create urgency

### WORKED EXAMPLE

*"I will improve my beep test from 6.2 to 7.5 by practising interval running 3 times per week for 4 weeks."*

- S:** Beep test — specific test identified
- M:** From 6.2 to 7.5 — numbers to track
- A:** 1.3 level improvement is realistic in 4 weeks
- R:** Aerobic endurance is my weakest component
- T:** 4 weeks — by retest day

# Goal 1

Set your goal, plan your actions, track your progress

**Test name:** \_\_\_\_\_

**Current value:** \_\_\_\_\_

**Target value:** \_\_\_\_\_

**Target date:** \_\_\_\_\_

**SMART CHECK:**

Specific?  Measurable?  Achievable?  Relevant?  Time-bound?

## My Action Plan

What will I do?

\_\_\_\_\_  
\_\_\_\_\_

How often?

\_\_\_\_\_  
\_\_\_\_\_

What might get in the way?

\_\_\_\_\_  
\_\_\_\_\_

How will I stay on track?

\_\_\_\_\_  
\_\_\_\_\_

**AFTER RETEST: Did I achieve this goal?**

Yes — achieved!  No — but I learned...

Reflection: \_\_\_\_\_

# Goal 2

Set your goal, plan your actions, track your progress

**Test name:** \_\_\_\_\_

**Current value:** \_\_\_\_\_

**Target value:** \_\_\_\_\_

**Target date:** \_\_\_\_\_

**SMART CHECK:**

Specific?  Measurable?  Achievable?  Relevant?  Time-bound?

## My Action Plan

What will I do?

\_\_\_\_\_  
\_\_\_\_\_

How often?

\_\_\_\_\_  
\_\_\_\_\_

What might get in the way?

\_\_\_\_\_  
\_\_\_\_\_

How will I stay on track?

\_\_\_\_\_  
\_\_\_\_\_

**AFTER RETEST: Did I achieve this goal?**

Yes — achieved!  No — but I learned...

Reflection: \_\_\_\_\_

# Goal 3

Set your goal, plan your actions, track your progress

Test name: \_\_\_\_\_

Current value: \_\_\_\_\_

Target value: \_\_\_\_\_

Target date: \_\_\_\_\_

**SMART CHECK:**

Specific?  Measurable?  Achievable?  Relevant?  Time-bound?

## My Action Plan

What will I do?

\_\_\_\_\_  
\_\_\_\_\_

How often?

\_\_\_\_\_  
\_\_\_\_\_

What might get in the way?

\_\_\_\_\_  
\_\_\_\_\_

How will I stay on track?

\_\_\_\_\_  
\_\_\_\_\_

**AFTER RETEST: Did I achieve this goal?**

Yes — achieved!  No — but I learned...

Reflection: \_\_\_\_\_