**Name:**

**Lifetime Sports – Fitness Targets Self - Assessment**

|  |  |  |
| --- | --- | --- |
| **Student Skill** | **Does Not Meet** | **Meets** |
| 1. I understand how to set short range fitness goals. |  |  |
| 2. I understand how to set long range fitness goals. |  |  |
| 3. I understand how to use a heart rate monitor. |  |  |
| 4. I am able to assess my cardio workouts using a heart rate monitor. |  |  |
| 5. I understands what exercises to use to effect specific muscles or muscle groups. |  |  |
| 6. I am able to record my workouts and to track my progress. |  |  |

Comments: