**1A.1 Outline personal information for designing a fitness training programme**

What is a goal?

What are SMARTER Goals?

|  |  |
| --- | --- |
| Aspect | Description and link to my sport |
| Specific | Targets must be specific to the activity. My sport is …. |
| M |  |
| A |  |
| R |  |
| T |  |
| E |  |
| R |  |
|  |  |

My long term goals are:

My medium term goals are:

My short term goals are:

My aims are (what I’d like to achieve) Focus on skill and physical related fitness:

My objectives are (how I intend to meet my aims) How will you achieve the above?: