

FAMILY NEEDS

(FILL OUT THIS AREA WITH YOUR FAMILY'S PREFERENCES)

Family interests:

Favorite activities: _____

Team activities (with child's name): _____

Favorite active games: _____

Medical Needs: _____

Developmental Needs: _____

Physical concerns and specialties: _____

S.M.A.R.T. Goals

Specific - A specific goal with several details, including what, why, how, and where.

Measurable - Quantified goal to measure progress.

Attainable - Challenging, but not frustrating.

Realistic/Relevant - Why do you want to achieve this goal?

Time-bound - Set time frames.

Setting Specific Family Fitness Goals

Overall Family Fitness

Goal 1: _____

Overall Family Fitness

Goal 2: _____



Paste a family or activity photo here!

WHAT do we want to achieve?

HOW will we know we have progressed? (What are the measurable goals we want to reach?)

HOW does this goal challenge us to improve?

WHY do we want to achieve this goal?

WHEN will we meet this goal?

Individual Goals:

Parent: _____

Parent: _____

_____ (child): _____

_____ (child): _____

_____ (child): _____