

PE 10 Starworks: Personal Training Plan EXAMPLE

Name: Sample Student

Following is an example of a personal training plan based on the personal health and fitness essay. Note that the major goals should be quite general, and at least three of them must relate to some aspect of physical fitness, while two may be chosen from other categories such as nutrition or lifestyle. The specific objectives must be realistic and measureable, so that at the end of the time period, you can determine whether or not you have met them. You may choose between one and three specific objectives for each major goal. Remember that this is a personal plan that should be meaningful and helpful to you, and may be very different from the plan of other classmates. Before you start your fitness program, you must meet with your teacher to go over the plan, to record the starting and target ending dates, and to get a signature of approval.

Major Goal #1: Improve my cardiovascular fitness

- a. To be able to run 2 kilometers in 16 minutes or less
- b. To be able to run around Lower Thetis Lake without stopping

How I plan to achieve this goal:

I will run three days a week. If it's nice, I'll run laps Tuesdays and Thursdays after school on the Belmont track. I will do 9 laps total (9 kilometers) and will alternate jogging and walking until I work up to running it all the way. One day on the weekend, I will go around Thetis. I will try to get my friend Amy to run with me at Belmont, and if I improve enough, I might even ask Ms. Evans if I could train with the cross country team, even though I definitely wouldn't want to enter any races. On the weekend, I will ask my dad to run with me around Thetis. On rainy days, I'll use our treadmill at home. I will also plan to walk to school twice a week instead of taking the bus.

Major Goal #2: To improve my upper body strength

- a. To be able to do 10 consecutive pushups with proper form (I can do 2 now)
- b. To be able to do 2 chin-ups (I definitely cannot do one right now)

How I plan to achieve this goal:

I will do 3 sets of pushups every second night before I go to bed. Week One I will aim for three sets of 3, Week 2 will be three sets of 4 etc. I hope I can eventually get up to three sets of 10, but I'll be happy if I can do 10 in a row at the end of six weeks. I will also do reverse bench sits and a few barbell exercises at the same time. As far as the chinups go, I will try negative ones every second night on the bar in my brother's room. I will stand on a chair and hold myself up at eye level, and slowly lower my body down. I know it will be three or four weeks of these before I'm even ready to attempt one proper chinup.

Major Goal #3: To try to make Belmont's junior girls' badminton team

- a. improve my serve so I can get 8 out of 10 into the court
- b. get to know a few of the other players so that one of them might want to be my partner for the qualifying tournament
- c. to learn how to hit a backhand with more power

How I plan to achieve this goal:

I will attend the weekly drop-in sessions every Wednesday after-school to improve my overall skills before tryouts start next month. I'll ask the coach Mr. Lowe to show me the correct serving technique, and then I'll try to come a few minutes early to drop-in sessions and serve 20 times over the net (10 to the forehand side and 10 to the backhand side). When we play fun doubles games, I will ask my partner if I can have the backhand side of the court, so I'll have to hit lots of backhand shots, instead of avoiding them like I usually do.

Major Goal #4: to improve my nutritional habits at school

- a. To allow myself only one junk food item per day
- b. To cut back on caffeine intake by only going to Starbucks twice a week instead of everyday
- c. To eat two servings of fruits and vegetables per day at school
- d. To drink 500 ml of water per day at school

How I plan to achieve this goal:

I will talk to my mom about buying lunch items so that I can make my lunch instead of buying it everyday. Even if I do buy my lunch, I will make sure I bring one juice box and one piece of fruit each day to make sure I consume two servings of fruit per lunch. I will buy a metal water bottle and fill it at home with cold, filtered water. I'll attach it to my backpack so I remember to bring it. I will ask my friends about my Starbucks goal because I have no will power when it comes to large coffee drinks. This will be the hardest goal for me to achieve, because I rely on caffeine to keep me going during the day. I may end up having to revise this goal and just cut back on the size of the drinks instead of cutting them out altogether.

Major Goal #5: To try to get more sleep during the week

- a. To average 7 hours sleep per night during the week
- b. To try to get a more regular sleeping patterns (bedtimes and waking times)

How I plan to achieve this goal:

I never seem to have enough hours in the day, but I know I tend to get sick and stressed when I'm sleep deprived. I'll try to be more efficient during class and get some of my homework done when the teacher gives us time to work on it in class. I will try to reduce my computer time at night and turn it off at 10:00 unless there's something important happening. I will turn my cell phone onto silent mode when I go to bed so I won't be woken up by friends phoning or texting me late at night. I'll also talk to my boss about limiting my number of work hours during the week.

Starting Date: September 20th

Duration of Plan: 8 weeks

Completion Date: November 15th