


Weight Training Notebook Setup

- I. **Page 1 blank**
- II. **Page 2 blank**
- III. **Page 3 Who am I?**
 - a. **First & Last name**
 - b. **Grade Level**
 - c. **Why are you in Weight Training?**
- IV. **Page 4 SMART goal**

S	Specific	Make your goal specific and narrow for more effective planning	
M	Measurable	Make sure your goal and progress are measurable	
A	Achievable	Make sure you can reasonably accomplish your goal within a certain time frame	
R	Relevant	Your goal should align with your values and long-term objectives	
T	Time-based	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	

- a. **Weight Training:**
 - i. **By December 4, 2023, my goal for strength training is to have an increase of 20 percent or more for my max bench press and squat burn out.**
- b. **Cardiovascular Endurance:**
 - i. **By December 4, 2023 my goal is to increase the amount of time I can jump rope without stopping more than 5 seconds by 2 minutes.**

Assignment once you complete SMART Goal

1. Place a star by the specific portion of your goal
 2. Place a box around the measurable portion of your goal
 3. Explain how this is a realistic goal for you to accomplish based on the time frame and your work ethic. Example: I can accomplish this goal because I have more than three months to train consistently and the amount of growth is not too much where it cannot be accomplished.
 4. It is relevant because you are in weight training class
 5. Underline the time-based portion of your goal.
- V. **Skip page 5**
 - VI. **Flip page 6 in half to create a divider & label the divider fitness**

VII. Pages 7-16 Label Fitness Assessment & create the following chart

Fitness Assessment

Fitness Exercise	Area of Focus	Weight	Reps/Time
Max Bench Press	Upper Body		
Squat Burn Out	Lower Body		
Crunches	Core		
Jump Rope	Cardio		

VIII. Fold Page 17 to create a divider: Daily Workout Each page should look as follows

Date: _____

Area of Focus: _____

Warmup		
Exercise	Sets	Rep/Time

[illegible]