Foundations of Personal Fitness

Chapter 3, Section 3

**What You Will Do**

* Describe the specificity principle and how it to a fitness program.
* goals for your fitness program.

**Terms to Know**

* specificity principle
* short-term goals
* long-term goals

**Specificity and Fitness**

In the last lesson, you learned about the principle. Another important component of any fitness plan is .

To achieve your personal fitness goals, you must work specific areas. Every exercise or physical activity works at least one . Any component or muscle that is not involved in the exercise or activity will remain

**Specificity and Change**

To apply the **specificity principle** effectively, you need to evaluate your personal fitness goals and design a plan that will specific areas of your fitness.

**Goal Setting**

**Setting goals is**   **to the success of any effort.**

**Some goals are**  **goals.**

**Goals that take longer to achieve are**  **.**

**Recommendations**

1. **Keep your goals**  **, specific, and realistic**
2. **ways that help you reach your goals**
3. **Seek**   **from others who can help you achieve your goals**
4. **Be**   **in case you need to reevaluate your progress**
5. **Keep**   **to monitor your progress**
6. **Be**  **. Avoid being negative about yourself**
7. **yourself in a healthy way as you achieve your goals.**

If a special situation arises, you need to be prepared to adjust your fitness program.

Injury and illness are two situations that require adjustments to your fitness program.

**Choosing Activities**

**Consider these factors when designing your fitness program:**

* + Where you
  + Time and
  + Personal
  + Comprehensive

**Record Keeping**

Record keeping is just as to the beginning exerciser as it is to the high-performance athlete.

Keeping records is to reaching your goals safely.

**Your Journal Should Include**

* Your goals
* The days you exercise
* Time, distance, and intensity
* Environmental conditions
* Different routes you may have taken
* Places you exercised
* Specific activities or exercises you did
* Any injuries
* Foods and liquids consumed
* Weight loss or gain
* Progress