**Choose 1 or both measurements (Heart Rate & Step Count).**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Trial 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| 🞎 Heart Rate (Start): | 🞎 Step Count (Start): 0 |
| 🞎 Heart Rate (2 minutes): | 🞎 Step Count (2 minutes): |
| 🞎 Heart Rate (3 minutes): | 🞎 Step Count (3 minutes): |
| 🞎 Heart Rate (4 minutes): | 🞎 Step Count (4 minutes): |

The more skilled you and your partner become the more hits (volleys) you’ll be able to make in a row without stopping and starting. Each time that you start and stop slows your pace and decreases the number of steps you’ll get, as well as how high your heart rate will climb. So, the more skilled you are, the more active you can be.

Now, let’s create a SMART goal to help you work toward and measure your skill improvement and increasing activity levels.

|  |  |  |
| --- | --- | --- |
| **S**pecific | What is your Specific goal? |  |
| **M**easureable | How will you Measure your progress? (Heart Rate, Steps, or Both?) |  |
| **A**ttainable | What will you need in order to Attain your goal? |  |
| **R**ealistic | How do you know that this goal is Realistic? |  |
| **T**imely | How much Time/practice periods will you need to work toward this goal? |  |

Date of Trial 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| 🞎 Heart Rate (Start): | 🞎 Step Count (Start): 0 |
| 🞎 Heart Rate (2 minutes): | 🞎 Step Count (2 minutes): |
| 🞎 Heart Rate (3 minutes): | 🞎 Step Count (3 minutes): |
| 🞎 Heart Rate (4 minutes): | 🞎 Step Count (4 minutes): |