# University of Phoenix Material

Personal Body and Composition Chart

## Personal Goal Matrix Questions

**Complete** the chart, then answer the following questions in complete sentences. Make sure your responses to each question include 100 to 150 words.

| **Description** | **Unit of Measure** | **Strategic Goal** | **Objective** | **Strategy** | **Outcome Measurement** | **Time Line** |
| --- | --- | --- | --- | --- | --- | --- |
| Body weight |  |  |  |  |  |  |
| Height |  |  |  |  |  |  |
| BMR |  |  |  |  |  |  |
| Blood pressure |  |  |  |  |  |  |
| Resting heart rate |  |  |  |  |  |  |
| Heart rate after 5 minutes of exercise |  |  |  |  |  |  |
| Heart rate after 3 minutes of exercise |  |  |  |  |  |  |

1. What are the four main steps in developing a personal fitness plan? Why is it important to establish goals and develop a plan?
2. Explain why it is important to consider your current fitness when developing your exercise plan.
3. What specific behaviors can you use to improve wellness in your life?
4. Rank the following 1 to 5, with 5 being excellent and 1 being poor:

Nutritional status: Click to type. Flexibility: Click to type. Coordination: Click to type.

Endurance: Click to type. Strength: Click to type. Speed: Click to type.