



Goal Setting

WEEK 2: CHARACTER DRILL ON GOAL SETTING

AGE-SPECIFIC MAT CHAT FOR AGES 12+

DRILL: MAP OUT A PLAN, BUT ADJUST IF YOU HAVE TO

“Many goals require a back-up plan that you must map out before you get started. In this drill, you are each going to do 150 exercise reps. Your job is to modify your routine that way if you hit a roadblock, such as your arms or legs get tired, then you can still accomplish your goal.

Steps:

1. If you have a big class, split the class into several groups.
2. For each group you will need an instructor to monitor the students.
3. Pick one student to go first. Here are the rules:
 - a. You have to do 150 exercise reps using a combination of push-ups, leg raises, and squat jumps.
 - b. You can do whatever amount of reps you want of each exercise, but you have to do a minimum of 25 reps per exercise.
 - c. For example: If you can only do 25 push-ups, then you must do 125 reps between squat jumps and leg raises.
 - d. Sloppy reps will not be counted, so make sure that you have a plan in case you lose technique.
4. This drill will take some time, so you can have several students go at once, if necessary.
5. Applaud each student as they set and achieve their goal.