**TARGET**: Write a healthy lifestyle goal.

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

CCSSW #2, #6; CCSSL #3; CCSSSL #2; CCSSR #2 - DPI Physical Education Standards #2,#4

These boxes are for your notes

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| --- | --- | --- | --- |
| S | Specific | Ø Can you explain more clearly what you are trying to accomplish?  Ø Can you summarize this in one thought?  Ø What is the bottom line of your thought? |  |
| M | Measurable | Ø How will you know that you have attained your goal?  Ø Can you put your goal into number of some sort?  Ø How will your goal affect your life/effectiveness? |  |
| A | Attainable | Ø Is your goal dependent on someone else?  Ø If your goal is dependent on someone else can you rephrase it?  Ø Are there any things that would prevent you from achieving your goal? |  |
| R | Realistic | Ø Is this goal attainable for you?  Ø Do you need small goals to help you achieve your main goal? |  |
| T | Timely | Ø When will you reach this goal?  Ø Could this goal become a permanent change in your lifestyle?  Ø How long would it take for this goal to become part of your lifestyle? |  |

|  |  |
| --- | --- |
| **My Goal:**  \*You must have a gmail account  \*Open a google doc and write your goal on it. Remember to be specific!  \*Share your google doc with me at  **knausphyed@**  **gmail.com**  **\***Watch for feedback from me  \*If your goal is approved, it will be marked “Approved”  \*If it isn’t approved, fix what the feedback says until you get the “Approved” comment  \*Questions?? See me  **\*\*Goal = 20 points\*\*** | Write your goal here:                        \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Does your goal answer these 3 questions?    1. Where are you currently?  2. Where are you trying to go?  3. How will you accomplish this? |