**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?  |