

Do It Now

Set A Health Goal

Name:

There is always something we can do to improve our health. Choose a health goal you think you can realistically accomplish in the next month. Write it in the chart, and then write down the measurable and manageable steps you will take to achieve it, following the process by your teacher.



Tips on achieving a goal

1. Decide on your goal.
2. Break your goal down into measurable and manageable steps.
3. Write down the steps, include when and how you plan to work on them.
4. Keep track of your progress.
5. Evaluate what did or did not work and make any necessary changes.

Steps to Successful Goal-Setting

Health Goal	When do I start?	Resources Needed	Steps to Reaching Goal	Potential Obstacles	Rewards for Reaching Goal

Did I achieve my goal? Why/why not?

What can I change or do differently to get back on track?

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