

JUST DO IT!



Health Skill: Planning & Goal Setting

Name _____
High School Health

Block/Day _____
Mrs. Armbruster

Purpose:

Effectively set a personal health goal that is chosen based on health assessments, class activities, and personal motivation.

Your steps in this process:

- _____1. Create a health goal related to a health topic we've already covered. Be sure it is SMART (specific, measurable, action-oriented, realistic, and timely) and important to **YOU!**

- _____2. Write a comprehensive essay including, but not limited to the following:
 - Description of your SMART goal
 - Research based benefits of adopting this behavior
(3 main ideas with supporting details)
 - Your reasons why you want to achieve this goal
 - People who will help you achieve this goal
 - Factors that might make it difficult to achieve this goal
 - Time line outlining at least 4 small steps with dates *(This can be pictorial)*
 - A plan for tracking your progress (calendar, journal, checklist...)
 - Your reward for accomplishing this goal

*Of course...introduction, conclusion, proper grammar/spelling and a bibliography are a must!
Please type and double space this.*

ESSAY DUE DATE: _____

- _____3. **Do it!** Put your plan into action...and keep track of your progress.
Your start day is _____.
It takes about 3 weeks (21 days) for something to become routine or a habit, therefore,
your end day is _____.

- _____4. Write an honest reflection about your successes, your difficulties & how you overcame them, your overall evaluation of this process, what you would change next time, etc.

REFLECTION DUE DATE: _____

You'll turn in your tracking method at this time, too.



Name _____

Block/Day _____

Essay:

Reflection:

SMART goal identified	_____/2
Research-based benefits	_____/6
Reasons for goal	_____/2
Supportive people	_____/2
Barriers to achievement	_____/2
Timeline with due dates	_____/5
Tracking plan	_____/2
Reward	_____/2
Logistics- <i>spelling/grammar, bibliography, typed</i>	_____/2
Total	_____/25

Successes	_____/2
Difficulties	_____/2
Process	_____/2
Changes	_____/2
Logistics- <i>spelling/grammar, tracking plan turned in</i>	_____/2
Total	_____/10

Name _____

Block/Day _____

Essay:

Reflection:

SMART goal identified	_____/2
Research-based benefits	_____/6
Reasons for goal	_____/2
Supportive people	_____/2
Barriers to achievement	_____/2
Timeline with due dates	_____/5
Tracking plan	_____/2
Reward	_____/2
Logistics- <i>spelling/grammar, bibliography, typed</i>	_____/2
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Successes	_____/2
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Logistics- <i>spelling/grammar, tracking plan turned in</i>	_____/2
Total	_____/10