

8th grade HEALTH Goals

Write your specific goal

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My goal is clear?
(Specific)

I'll know when I reach my goal.
(Measurable)

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Is the goal attainable
(given knowledge, skills, ability?)

My goal in my reach?
(Realistic)

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My goal has a time limit. (Time Phased)

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What are the benefits to you for
reaching this goal?

Why is this goal important to you?

Who will you share your goal with for
feedback and to help keep you on track?

What will you do to celebrate when you
reach your goal?
