

SMART School Year How Healthy Are You Choices- Sept. 2016

DIRECTIONS: We all start out the school year with big plans, but they often lose steam before Halloween. This year, set yourself up for success by turning your ideas for improvement into SMART goals.

1. What is one aspect of your health—physical, mental, social, or emotional— that you would like to improve upon this year? (For example: I want to...eat healthier, exercise more, make friends, improve my grades.)

Use your information above to create your SMART Goal.

Specific- Include the details! (Answer: What, Why, Where, How?)

Measurable- Can your progress be tracked?

Attainable- Is your goal aligned with your interests, responsibilities? schedule?

Realistic- Is your goal 100% possible to achieve?

Timely- By what date will you accomplish your goal?