Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_

Senior High Health

Goal Setting

Outline steps for achieving goal:

Define the goal:

Specific

Measurable

Attainable

Realistic

Timely

Timeline for completion:

Use steps above to set dates

Obstacles to overcome: