

Examples of completed goal-setting sheets

Name: Max	My goal: To do 10 push-ups																									
<p>This goal is important to me because <u>I love playing sports and want to be on the varsity basketball team in high school</u></p> <hr/>																										
<p>3 Things I will do to reach my goal:</p> <ol style="list-style-type: none"> <u>1. Do one push-up every morning, and more as I get stronger</u> <u>2. Eat healthy food that gives me energy</u> <u>3. Get at least seven hours sleep a night</u> 	<p>How can family or friends help me if I need it?</p> <p><u>Do push-ups with me</u></p> <p><u>Skip fast food for a few weeks</u></p> <p><u>Start movie night earlier</u></p>																									
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<p>My strengths that will help me reach this goal are...</p> <ol style="list-style-type: none"> <u>I like eating healthy food so it won't be difficult to stop fast food for a while</u> <u>I'm good at asking for help from my family when I'm trying something new</u> <u>I'm passionate about sports so will try very hard to get stronger</u> 																										

Name Courtney	My goal: Eat a fruit or vegetable with every meal												
This goal is important to me because <u>I want to eat more nutritious meals</u>													
3 Things I will do to reach my goal: <ol style="list-style-type: none"> 1. <u>Make list of my favorite fruits and veggies</u> 2. <u>Speak w/ parent about goal</u> 3. <u>Prepare fruits/veggies in advance</u> 	How can family or friends help me if I need it? Parent can let me choose fruit/veggie options during next grocery trip												
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My strengths that will help me reach this goal are... <ol style="list-style-type: none"> 1. <u>I like cooking and preparing food</u> 2. <u>I like health class and talk about nutrition with my family</u> 3. <u>I notice I feel better when I make better food choices</u> 													