

Name: \_\_\_\_\_

Health Period: \_\_\_\_\_ Date: \_\_\_\_\_

**ACTIVITY 2: Setting a Health Related Goal**

Pick THREE components of health that you would like to focus on based on **Activity 1: "Your Wellness Wheel"** and write them into the first column (Physical, Social, Mental, Spiritual, Occupational, Intellectual, Environmental).

Then, come up with a goal for the three components of health you chose filling in the SMART columns below.

<b>GOAL</b>	<b>SPECIFIC</b> Who? What? Why? Where? When?	<b>MEASUREABLE</b> How much? How often? How many?	<b>ADJUSTABLE &amp; ATTAINABLE</b> How are you going to do it? Can you make changes to it?	<b>RELEVANT &amp; REALISTIC</b> Can it be done? Why should it be done?	<b>TIME-BASED</b> When must it be done? Time period?
<b>HEALTH COMPONENT #1</b> (your pick...ex: Physical)					
<b>HEALTH COMPONENT #2</b> (your pick)					
<b>HEALTH COMPONENT #3</b> (your pick)					

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**ACTIVITY 3: Focus & Refinement:** Choose **ONE** health goal that you want to FOCUS on and complete the steps below.

**STEP 1:** Get clear on the goal.

Reason I am choosing to focus on this health behavior:

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My knowledge about this behavior and how it affects health:

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**STEP 2:** Write it down! Refine your goal statement here. Make sure it is S.M.A.R.T. based off of the goal chart on the previous page. See the example below of one poor SMART goal and one good SMART goal.

**Example: Comparing a SMART Goal with a Not-So-SMART Goal**

	<i>I will cut down on the number of energy drinks I consume.</i>	<i>I will drink a total of 3 energy drinks over the course of 7 days for the next 6 weeks.</i>
<b>Specific?</b>	No – How many energy drinks? How often?	Yes – Only 3 energy drinks per week are allowed.
<b>Measurable?</b>	No – What does <i>cut down</i> mean? Less than what? How many?	Yes – You can measure if more than 3 energy drinks are consumed.
<b>Adjustable?</b>	Yes	Yes
<b>Attainable?</b>		
<b>Realistic?</b>	Yes (but keep in mind that determining the extent to which the goal is realistic is up to the individual student).	Yes (but keep in mind that determining the extent to which the goal is realistic is up to the individual student).
<b>Relevant?</b>		
<b>Time-Based?</b>	No – For how long? When will this start? Over what time period?	Yes – 7 days over the next 6 weeks

Write your **S.M.A.R.T.** goal here:

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**STEP 3: ACTION STEPS** - Break it down into smaller pieces.

What are the small daily or weekly behaviors or measurable steps that will show you if you are making progress in your goals? How are you going to be able to keep track these?

<b>These are the specific behaviors or measurable steps I will take to achieve this goal.</b> <i>In other words, you can easily track this and by doing this consistently it helps me achieve your goal</i>	<b>OPTIONAL – Track your progress</b> Place a tally or check mark each time you perform your action step (you will do this on your own)
<b>Action Step 1</b>	
<b>Action Step 2</b>	
<b>Action Step 3</b>	
<b>Action Step 4</b>	
<b>Action Step 5</b>	

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### **STEP 4: BARRIERS & SOLUTIONS**

As you are working on your goal, you may experience barriers that may keep you from reaching your goal. Write some of the barriers down and what some solutions might be so you can continue with your goal and overcome these obstacles. You should come up with at least THREE potential barriers and solutions.

Barrier 1: \_\_\_\_\_

Possible Solution:

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Barrier 2: \_\_\_\_\_

Possible Solution:

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Barrier 3: \_\_\_\_\_

Possible Solution:

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### **STEP 5: Self-Reflection (To be done at the end of the semester)**