Goal-Setting
Grades 6-8

Language of Health Literacy:
I want to improve ____.
My SMART goal is ____.
My SMART goal is important for my health because ____.
This goal is important/relevant to me because ____.
My SMART goal will help me improve ____ because ____.
By ____, I will ____ by ____.

One action I can take to achieve my goal is ____.
In order to achieve my goal, I must ____.
Currently, I am (on track/off track) to reach my goal because ____.
To track my progress, I am going to ____.
I will know I reached my goal if ____.
Important checkpoints in reaching my goal are ____.

Step 1: Create a SMART Goal
Sub Skills:
• Monitor personal health
• Create a SMART Goal

Specific
Measurable
Attainable
Relevant
Time Phased
S: What do you want to achieve?
M: How will you know you have reached your goal?
A: Can you reach this goal with your available skills, knowledge, and resources?
R: Is your goal important to you?
T: Does the goal have a date to complete it by?

Step 2: Make a SMART Plan
Sub Skills:
• Identify specific actions
• Track progress

Step 3: Reflect
Reflection Questions:
• Did I meet my goal? Why or why not?
• What successes did I experience working towards my goal?
• What challenges did I experience working towards my goal?
• What would I want to do differently next time?
• What support did I need to work towards my goal?