



Goal-Setting Grades 9-12

Language of Health Literacy:

I want to improve ____ because ____.
____ is an area of my health I want to improve because ____.
By improving ____, I will be able to ____.

Step 1

By ____ (date), I will ____ (specific, measurable outcome).
This goal is attainable because ____.
This goal is relevant because ____.

Step 2

Because of ____, I need to make sure I ____ to achieve my goal.
One specific action I will take to reach my goal is ____.
Currently, I am set to (meet/not meet my goal) because ____.
I have successfully ____ every (day/week/class), which means ____.
I have struggled to ____ every (day/week/class), which means ____.
An unforeseen barrier has been _____. Therefore, I am adapting by _____.

Step 3



Step 1: Monitor Behavior

Sub Skills:

- Assess personal health status
- Identify areas of growth



Step 2: Create a SMART Goal

Sub Skills:

- Define a SMART Goal
- Create SMART Goal(s) for identified area(s) of growth

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 3: Make Long-Term Health Plan

Sub Skills:

- Identify barriers to achieve goal
- Identify action steps to achieve goal
- Monitor progress of short- and long-term goal(s)



Step 4: Look Back & Learn

Reflection Questions:

- Did I meet my goal? Why or why not?
- What successes did I experience working toward my goal?
- What challenges did I experience working toward my goal?
- What would I want to do differently next time?
- What support did I need to work toward my goal?