



Goal Setting - EXAMPLE

Help your child to choose something achievable.

Specific: What would you like to do?

I would like to improve my fitness and be more active by jogging.

Measurable: How are you going to know you are sticking to your plan?

I plan on jogging in the park near my house. If it rains or I can't get to the park I will do an indoor workout at home instead.

Achievable: When are you going to practice?

I will do it after school and I can take the dog so that I have to do it!

Realistic: How often and how long are you going to practice?

I will do this every school day for 30 minutes – that's about 3 laps of the park.

Timely: When will you review your success
1 week or 1 month?

I will do this for one month and then review my goal and see if I have achieved it.