

# MY GOALS

# ABOUT ME

1. I like to spend my time

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2. I enjoy these healthy  
foods & activities

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3. I would like to buy  
these things

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1. I wish I could do these  
things better

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2. I think I would like to try  
these activities

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3. I do these things, but I  
don't really want to...

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# MY GOALS CHOOSING GOALS

Look at how you filled in the answers on the "About Me" sheet.  
Use those answers to help you answer these!

1. I would like to spend more time \_\_\_\_\_

\_\_\_\_\_

2. I will be healthier if I sometimes choose to eat more  
\_\_\_\_\_ instead of \_\_\_\_\_.

I will be stronger & more active if I choose to make sure I  
\_\_\_\_\_ everyday.

3. I am going to buy \_\_\_\_\_ with money  
I save from doing jobs, allowance, selling things I make, and/or  
\_\_\_\_\_.

4. I'm going to practice \_\_\_\_\_ at least  
\_\_\_\_\_ times a week & track my progress so I can see  
how much I improve.

5. I'm going to try these things that I've been considering  
and think I would enjoy \_\_\_\_\_, \_\_\_\_\_

6. Sometimes, I \_\_\_\_\_. But, I don't really want  
to do it. I'm going to remember to do it less often.

# WHAT IS MY GOAL

Who will help me reach my goal?

Why is this important  
to me?

Where will I work  
on my goal?

When will  
I achieve  
my goal?

Who will help me  
reach my goal?

