



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 ____.

Step 1

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 2



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?