**Name:**

**Date:**

**School:**

**Facilitator:**

3.03 Personal Health Goals

Total points: 30

**Using the information from your charts in Part 1, write a goal for each of the three areas of health (sleep, nutrition, and physical activity). Each goal should be a short-term step toward improvement. The short-term steps will be something you can accomplish in the next days, weeks, or months. Accomplishing these short-term goals will help you develop behaviors that lead to the long-term goal of optimal health.**

**Remember that good goals follow the acronym SMARTER. They should be**

* **Specific,**
* **Measurable,**
* **Actionable,**
* **Realistic/Relatable**
* **Time-bound,**

**and you should be able to**

* **Evaluate and**
* **Reward**

**your progress at the end of the time period.**

**Sample goal to improve sleep:** *I will get 8 hours of sleep every night for a week. I will go to bed by 10:00 p.m. every night for the next 7 nights. I will set my alarm for 6:00 a.m. each morning. I will record this each day on my calendar to check my progress. This goal will help me in developing a regular bedtime to improve my sleep habits.* **Note that this is a short-term goal that meets the characteristics of SMARTER goals.**

1. My goal for sleep:
2. My goal for nutrition:
3. My goal for physical activity: