**Health Goal Setting: Term #**

Name: Div.: Date:

Complete the following based on your personal health goals:

1. Cardiovascular Health maintain / improve
2. Flexibility maintain / improve
3. Muscular Strength/Endurance maintain / improve
4. Dietary Habits maintain / improve
5. Sleep Habits maintain / improve
6. Other Health Habits: maintain / improve
7. Mental Well-Being maintain / improve

What part(s) of your personal health are you most satisfied with, and why?

Create a series of **SMART\*** health goals, based on your above choices, with a brief description of how you hope to achieve these goals (it’s ok if you are unsure of how to attain your goal)

\*Your fitness and dietary goals must be specific, measurable through results, and have a set timeframe. Make sure your goals are attainable – do NOT set yourself up to fail!

*E.G. I will improve my muscular endurance from being able to do 3 push ups in a row to being able to do 10 push ups by the end of term 1. I will do this by doing as many push ups, in a row, as I can three times a week.*

1. Cardiovascular Health 🡪 Do you want to be able to run a marathon? Or just get up the stairs without panting?
2. Flexibility 🡪 Do you want to be able to touch your toes? Do the splits?

1. Muscular Strength/Endurance 🡪 Do you want to be able to do all the push-ups? Or just be able to carry your books?

1. Dietary Habits 🡪 Do you eat fresh foods or are a junk food junkie? Do you eat out or at home?

1. Sleep Habits 🡪 Do you sleep well? Do you get a good night’s sleep?
2. Other Health Habits 🡪 Are there any other positive habits you wish to start? Negative habits to quit?
3. Mental Well-Being 🡪 Do you think you deal with stress, etc. well?