

Name: Christina Rush

Science Teacher: Pearce

Science Period: 1st

S.M.A.R.T. Goal
Worksheet

1. Think of a goal!
2. Then answer each of the questions below.

- S** - **S**pecific (easy to understand, very clear)
M - **M**easurable (specific about the outcome)
A - **A**ction -Oriented (clear about what you will do to achieve your goal)
R - **R**ealistic (attainable, something you can do)
T - **T**ime -Bound (have a clear time limitation)

<u>S</u>	<u>M</u>	<u>A</u>	<u>R</u>	<u>T</u>
<p>Write my goal in specific terms – using clear, easy to understand language:</p> <p>I will be able to run a 5k by December 15th (Reindeer Romp)</p>	<p>How will I <u>measure</u> whether or not I have achieved my goal (ie, What will success look like?)</p> <p>For me, success will mean that I will be <u>running</u> across the finish line!</p> <p>(Ok, maybe <u>jogging</u> across the finish line.)</p>	<p>What is my <u>action</u> plan for reaching my goal? (ie, What will I DO?)</p> <ol style="list-style-type: none">1) I will run a mile at least 5 days a week to stay in shape.2) I will run 6 laps around the Combs track each Saturday morning.3) I will increase the number of laps by two each Saturday (between now – December)4) I will give myself a break from exercise on Sunday.5) I will journal 3 days a week about my training – progress, updates.	<p>Is my goal within my <u>reach</u>? (ie, Can I attain my goal? Why do I think my goal is realistic?)</p> <p>Yes! My goal is realistic because I run a mile each morning before school. I think I can run 3 miles if I begin training for the 5k now. Plus, my daughter is doing the Reindeer Romp, too. This provides added motivation.</p>	<p>What is my <u>time</u> limit for reaching my goal? (By what date do I hope to accomplish this?)</p> <p>By December 15th! The date of the Reindeer Romp ☺</p>

Parent Signature:

