**PERSONAL GOAL SETTING**

The following are a list of personal health and academic goals whose purpose is to enhance health and well-being.

Take some time to create **3** meaningful and attainable personal goals.

**Categories**

1) Fitness Goals – specific to the major fitness components (cardiovascular endurance, muscular strength,

 muscular endurance, and flexibility)

2) Movement Skill Goals – specific to learning, maintaining, and/or improving upon a skill.

3) Nutrition Goals – specific to the consumption of foods and beverages.

4) Active Living Goals – specific to daily physical activity.

5) Personal Health Goals – specific to hygiene and mental health.

6) Academic Goals – specific to achievement in education.

7) Social-Emotional Goals – specific to social interactions and relationships.

**Terms**

Short Term refers to immediately, weekly, or monthly.

Long Term refers to monthly, yearly, or lifelong.

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| **Category** | **Term**short or long | **Goal Description**as detailed as possible | **2 Things to start doing, continue doing, stop doing, and/or focus on to achieve your goals** |
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