

My Goal

What I need to do to reach my goal

When goal setting, it is important to be very specific and to answer the following questions:

What? How much? When? How often?

For example:

What: I will walk the halls

How much: 20 minutes

When: in the morning

How often: every day

What: _____

How much: _____

When: _____

How often: _____

What: _____

How much: _____

When: _____

How often: _____