

Examples of Goals in the Three Areas

Physical/Wellness goals refer to the physical changes you want to experience related to healthy living habits.

- Participate in sports
- Eat only healthy snacks after school
- Get enough exercise each day
- Get at least eight hours of sleep each night

Intellectual/Academic goals refer to your work in school.

- Use my student agenda each day with all class assignments
- Raise my grade from C to B during the second quarter
- Complete my homework at least 80% of the time on time.

Personal/Behavior goals refer to how you behave both in and out of school.

- Become a better listener
- Improve my cooperation with my partners in class
- Clean out my locker and backpack each week
- Be nice to my siblings each day