



GOAL SETTING FOR LIFE



After three weeks of following this balanced plan for health, performance and appearance, Sam felt better. He also noticed that he was back to playing a full game of basketball without becoming really tired. Sam believed he was able to achieve his Short-term goal because he followed his plan and it was realistic and attainable. Sam continued to follow this plan and, after 6 months, had lost 10 pounds and he felt much stronger. Because Sam's plan worked, he adjusted his goals to continue his balanced plan for health, performance and appearance to maintain what he had accomplished.

Because the Long-term success of any plan is determined by setting and adjusting realistic Short-term and Long-term goals, goal setting should be used consistently until it becomes a lifetime habit. Not only can it be applied to maintain or improve health, performance and appearance, but it can also be applied to any aspect of life including school, family, or careers.



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Key vocabulary words that will be introduced during this unit are:

- Goal – A result towards which effort is made for maintenance or improvement
- Goal setting – A plan for improvement
- Long-term Goal – A result that can be achieved in 2 months or more
- Short-term Goal – A result that can be achieved in 2-4 weeks
- S.M.A.R.T. Goals Setting Strategy- A process used to set goals that are specific, measurable, aggressive, realistic and time-bound