

Essential Standard

6.MEH.1 Apply structured thinking
(decision making and goal setting) to
benefit emotional well-being

Clarifying Objective

6.MEH.1.2 Execute a goal setting plan to enhance health behaviors

United Streaming Video

[Goal Setting: Discovering Your Gifts](#)

Identify the Goal

**A Conflict with
a friend**

RUN A 5-K

Whether to
Try Out for
the Lacrosse
Team

**EAT MORE
FRUITS AND
VEGETABLES**

**WHOM TO
INVITE FOR A
SLEEP-OVER**

Having Lost a
Retainer

**To Manage Time
Effectively and
Reduce Stress**

**To Get Along
Better with**

To Be Recognized as
Student of the Month

*Whether to Try Snus
(spitless tobacco)*

To Get More Sleep

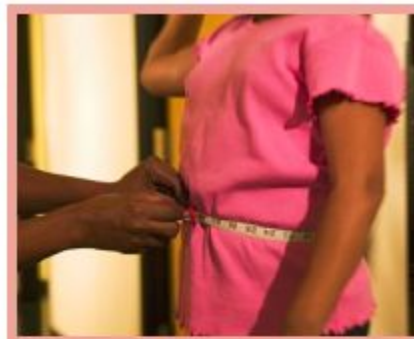
Whether to
Allow a Friend
to Copy
Homework

Statement of Objectives:

- *Yesterday we talked about one of the Healthful Living Skills: Decision Making. Today we will discuss another skill important to achieving health: Goal Setting. By the end of the lesson, you will be able to plan and achieve goals for better health.*

Keisha's Goal

Keisha is in sixth grade. She has recently learned that her father and grandmother have Type 2 Diabetes and this is a disease that is related to obesity. She is somewhat overweight, but has never thought of herself as fat. Keisha is active, playing in intramurals and a club team in volleyball. Now that she is in middle school, the physical education teachers measure each child's BMI (Body Mass Index).



When she brought her BMI score home, her mother expressed concern that Keisha might also develop Type 2 Diabetes. Her mother had attended a PTA meeting about the high rates of obesity among children and knew that there are health risks for those children.

Keisha decided to set a goal of losing 10 pounds before the end of the school year. She skipped breakfast and ate a small lunch (just French fries and an apple). By the end of the school day, she was sooo hungry and snacked until supper. After her parents went to bed, she was still hungry and sneaked downstairs to get ice cream. She thought it would help to exercise more, so she started walking to school, but gave up after she was late three days in a row.

By the time the school year ended, Keisha was discouraged and realized she had gained four pounds instead of losing weight. She decided to go about achieving her goal a different way next time.

- *What was Keisha's goal?*
- *Why did she want to lose weight?*
- *What was her plan?*
- *What could she have done to be successful?*

Action Steps for Reaching Your Goal:

- Goal: Have a clear idea of a goal that you can really accomplish
- Hurdles: It helps to anticipate what might get in the way
- Support: Identify who will support you
- Knowledge: Learn all you can so that you make decisions based on accurate information
- Action steps: List a step-by-step approach to reaching your goal
- Success: Decide how you will know if you are successful
- What I need: Make sure you have the tools and resources needed
- Celebration: Reward yourself for doing well and accomplishing your goal



Action Plan for Reaching a Goal

Start Date: _____

End Date: _____

Goal: _____

Hurdles (that make it harder): _____

Who will support me? _____

What do I need to know to be able to set (and meet) my goal?



What steps do I need to take?

Action:	Target Date:
1. _____	_____
2. _____	_____
3. _____	_____

How will I know if I succeed?



What do I need to accomplish my goal?



How will I celebrate my success?



Independent Practice:

- Applying the Goal-Setting Model (Appendix 4)
- These are the goals they identified in the review step.

APPLYING THE GOAL-SETTING MODEL

Choose one of the following goals and apply the model so you have an effective action plan.

Run a 5-K	Eat More Fruits and Vegetables
Get Along Better with Brother and Sister	To Be Recognized as Student of the Month
To Manage Time Effectively and Reduce Stress	To Get More Sleep

Closure:

- *Today we learned that we are better able to achieve a goal if we follow a well-thought out plan.*