



GOAL SETTING LOG

NAME:	BUILDING
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GOAL AWARENESS

Participants are required to choose three achievable health-based goals and write them in the space provided.

STEPS TO ACHIEVEMENT

Participant is then required to research their chosen goals to determine three proper steps to achievement. Participants are urged to contact the district wellness coordinator to aid in choosing efficient steps to achievement.

GOAL ACHIEVEMENT

The purpose of the goal achievement section of *Goal Setting* is to retrospectively look at what you have accomplished. If you failed to achieve your goal, please include possible reasons why. If you achieved your goal please include behaviors, time management, or other ways that you were able to remain consistent and eventually reach your desired goal. These remarks will be anonymously pooled to help participants in future years.

GOAL 1:	START DATE:
STEPS TO ACHIEVEMENT	
1.	
2.	
3.	
GOAL ACHIEVEMENT:	

Submit all logs via campus mail to Shawn Roderick at Hall McCarter Education Center
or send via email to sroderick@bssd.net.



GOAL SETTING CONTINUED

GOAL 2:

START DATE:

STEPS TO ACHIEVEMENT

1.

2.

3.

GOAL ACHIEVEMENT:

GOAL 3:

START DATE:

STEPS TO ACHIEVEMENT

1.

2.

3.

GOAL ACHIEVEMENT:

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