**Physical Education Wellness Project: Goal Sheet**

**Directions:** The paper you turn in should be approximately 1 page and contain who, what, where, when, and how. An example of a format you can follow is below. **A typed paper is required. Your typed goal sheet is due the following class after project is assigned.**

Personal Wellness Plan for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(who)*

1 specific personal wellness goal that I have: *(what)*

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Action Plan *(when)*

I will make these changes starting now

And

I will reach my goal by (date project is due): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I plan on reaching my goal by doing the following things: *(where & how)*

***This GOAL SHEET is worth 10 points – most points are earned through***

***detail in this paragraph!*** *The “where and how” should be in paragraph form and should be contain specific information about how you will reach your goal. Remember, it’s hard to accomplish something without clearly stating your goal and having a specific action plan for what steps you will take to reach that goal. Simply saying “I want to get stronger and I’ll accomplish this by joining a gym” isn’t specific enough. How will you know if you are stronger? What gym will you join? When will this happen? What exercises will you include in your workout?*

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