Name:

Date:

**Physical and Health Education 5 - Assignment 2.6 – Healthy Living Goal**

**Assessment:** 15 possible marks. Questions 1 – 4 are marked on a three-point scale. Questions 5 and 6 are marked on a four-point scale.

(1 = Not Yet Meeting, 2 = Minimally Meeting, 3 = Fully Meeting Expectations, and for #5 and 6, 4 = Exceeding Expectations)

**TOTAL MARK: /20**

1. Identify a goal. A healthy-living goal I have is: \*\*\*\*enter text here – make it measurable and achievable\*\*\*\*

/3

2. The first thing I need to work on or do to work toward my goal is: \*\*\*\*enter text here\*\*\*\* (This should also be on your “must do” list.)

/3

3. Over the next day/week (choose one – delete the other), here is my “must/should/want” list.

|  |  |  |
| --- | --- | --- |
| ***MUST DO*** | ***SHOULD DO*** | ***WANT TO DO*** |
| enter text here | enter text here | enter text here |

/3

4. Now that you have a healthy living goal and know what your priorities are, you can set a schedule for the day. You can do this for today or for tomorrow (if it is later in the day today). Break the morning into two or three "times", such as 9 am, 10 am, 11 am. Break the afternoon into two or three times, such as 1 pm, 2 pm, 3 pm, 4 pm. Break the evening into two times, such as 6 and 7 pm. Be sure to take time for meals and snacks. Include time for physical activity, as regular, daily activity should almost always be a priority.

\*\*\*\*enter text here\*\*\*\*

/3

5. Reflect. How did you do? Did you get your “must do” completed including working toward your healthy living goal? Were you able to fit in a “should” or a “want”?

\*\*\*\*enter response

/4

6. Reflect. Did you find goal-setting and planning helpful? Why or why not? How did this planning process help you to have a more productive day? Were there any unexpected changes or interruptions to your plan? If so, how did you handle this?

\*\*\*\*enter response

/4