CHANGING HABITS
ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
PS:A1 Acquire Self-knowledge
PS:A1.1 Develop positive attitudes toward self as a unique and worthy person
PS:A1.2 Identify values, attitudes and beliefs
PS:A1.3 Learn the goal-setting process
PS:A1.4 Understand change is a part of growth
ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.
PS:B1.2 Understand consequences of decisions and choices
PS:B1.3 Identify alternative solutions to a problem
PS:B1.4 Develop effective coping skills for dealing with problems
PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions
PS:B1.9 Identify long- and short-term goals
PS:B1.10 Identify alternative ways of achieving goals
PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills
PS:B1.12 Develop an action plan to set and achieve realistic goals

PA Physical Education and Health Standard - 10.1.12.B
Evaluate factors that impact the body systems and apply protective/ preventive strategies.
- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

PA Physical Education and Health Standard - 10.2.12.D
Examine and apply a decision-making process to the development of short and long-term health goals.

Objective: The students will identify healthy goals and develop a plan to achieve those goals.

Materials: Writing utensil and Goal Setting worksheet

Procedure:

2. Ask: Have you ever set a goal? Ask students to share (accept a variety of answers).
3. Today we are going to set a healthy goal for ourselves. Give examples:
   a. Eat more fruits and vegetables.
   b. Exercise 30 minutes a day
   c. Meditate once a day
   d. Go to bed at 8:30 pm
   e. Brush my teeth twice a day
f. Drink at least 8 glasses of water

4. Using the worksheet, have students set a healthy goal, come up with a plan for achieving that goal.

5. Ask students to share if they wish.
Goal Setting

Name: ___________________________________________________

My healthy goal is:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How I plan on achieving my goal:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How will I know if I achieved my goal:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________