My Physical Education Goals

Name_____Grade _____ Trimester_____

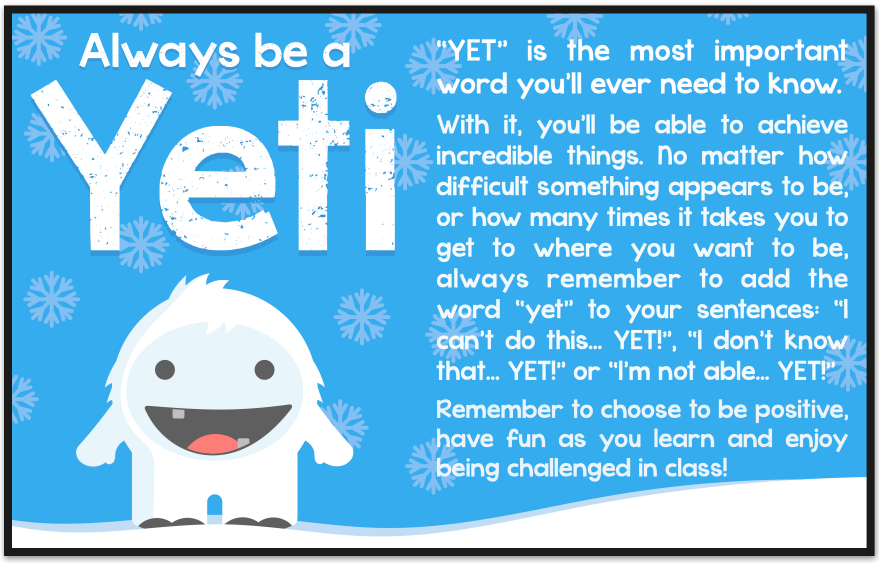
This Trimester I will try to accomplish these three S.M.A.R.T. goals:

S.M.A.R.T GOAL #1	NY/GT/GI/W
_____	
_____	TEACHER INITIALS
_____	

S.M.A.R.T GOAL #2	NY/GT/GI/W
_____	
_____	TEACHER INITIALS
_____	

S.M.A.R.T GOAL #3	NY/GT/GI/W
_____	
_____	TEACHER INITIALS
_____	

My Physical Education Goals

What is a S.M.A.R.T. Goal?

S	**My Goal is SPECIFIC**
	I am targeting a specific area for improvement
M	**My goal is MEASURABLE**
	I can MEASURE my progress and improvement
A	**ACHIEVABLE ALONE**
	I can ACHIEVE my goal without relying on what others do around me.
R	**REALISTIC**
	I am REALISTIC in what can be achieved
T	**TIME RELATED**
	I have given myself TIME I want to accomplish my goal by.