**Goal Setting**

|  |  |
| --- | --- |
| **S** | **Specific** – What do I want to measure? |
| **M** | **Measurable** – How am I going to measure it? |
| **A** | **Achievable** – Is this a reasonable goal? |
| **R** | **Realistic** – What will my goal look like when I’ve reached it? |
| **T** | **Timely** – When should I reach my goal? |

Here’s an example of using SMART goal setting:

**S**: How many students eat fresh vegetables or fruit at school?

**M**: Use a tracking system at lunch and recess

**A**: with CSH strategies, students will gain more knowledge about the benefits of fruit and vegetables and have more access.

**R**: students will enjoy fruit and vegetables at school and it will help with fueling our brains and bodies!

**T**: By the end of school year

Goal: to have at least 80% of students eat fresh vegetables and fruit at school.

Using SMART goal-setting, let’s set our goal!

**S:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**M:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**R:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Our Goal:**

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