

FAQUIER COUNTY PUBLIC SCHOOLS
EVERY KID HEALTHY WEEK
WELLNESS WEDNESDAY
SMART GOALS FOR HEALTH AND WELLNESS

Goal setting is a great way to help build self-confidence and help them create healthy habits.

Brainstorm health and wellness goals, you may have. Ensure that they are:

- S- Specific. It is important to be specific with what you would like to achieve and how you think you can achieve it.
- M- Measurable. A measurable goal is a goal that has clear deadlines and expectations of what the final product will look like.
- A- Achievable. Your goal should be achievable, even if that means starting with a smaller goal that may help you to achieve your more ambitious goals later.
- R- Relevant. Make sure your goal is relevant to your larger aspirations.
- T- Timely. Setting smaller goals that are timely will allow you to plan out how you will achieve success on a timeline.

Find below an example for SMART goals around Nutrition

Try one new seasonal fruit or vegetable (or with your family) each week.

- S- Specific -Who? You or you and your family. What? Trying new healthy foods. Where? At school or at home. Why?
- M- Measurable- 1 per week (That means 4 new vegetables and/or fruit)
- A- Achievable- 1 new vegetable or fruit per week – this could be in the lunch line at school or as your grocery shopping with family for lunch or snacks.
- R- Relevant- During different seasons try new healthy foods.
- T- Timely- The month of April will go by in a hurry allowing you a short manageable time frame to try something new!