

Chapter Three

Goal Setting for Teenagers



***Nothing can stop people with
the right mental attitude from
achieving their goals.***

Objectives



- z What are goals?
- z What is goal setting?
- z How can setting goals help you take control of your health & fitness?
- z What is the difference between long-term & short-term goals?
- z What are the steps necessary for successful goal setting?

Vocabulary



goal setting--

process designed to motivate people to make changes in their lifestyles and increase self-improvement



long-term goals--

goals that take a long time, perhaps years, to reach



short-term goals--

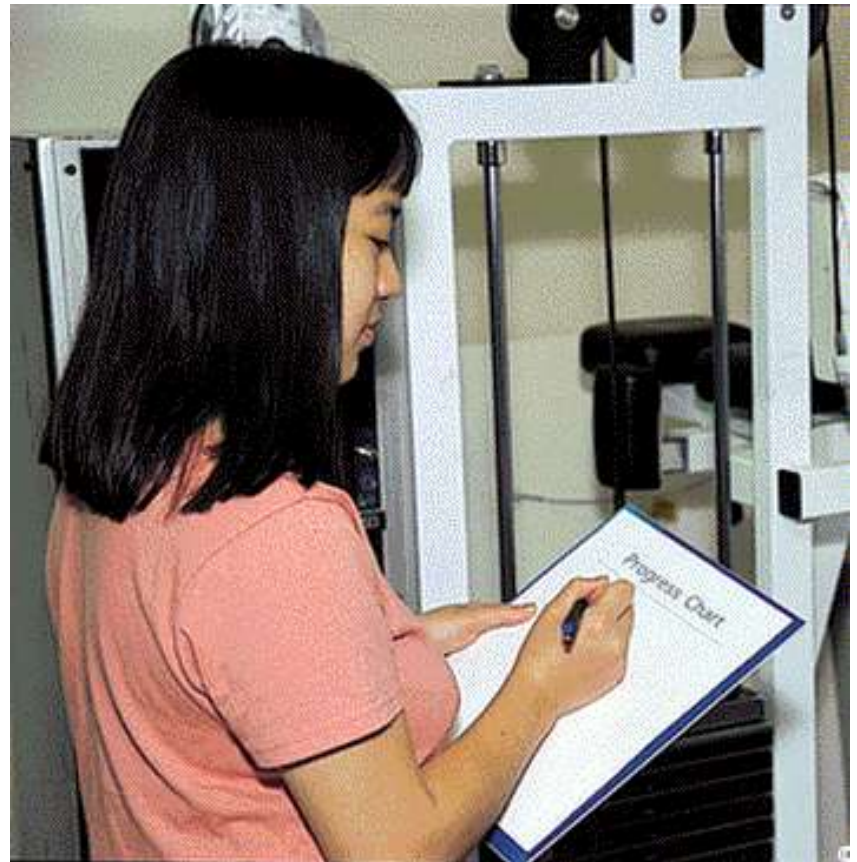
goals that can be reached in a short period of time



time lines--

tools used to organize and plot the course to a major goal

Evaluate Goals



Teen Years



- z _____ period from childhood to _____
- z Confusing, frustrating for some
- z Positive & negative experiences
- z More responsibility
- z _____-turvy-things are ____ very _____ or
in _____

Taking Control of Health & Fitness

- z Happiness & success depend on choices you make
- z R_____ goals require effort
- z _____ setting helps you realize more of your potential

Objective



What are Goals?

- z Anything you _____
- z Serve as a _____
- z Health-related fitness goals



Objective



What is Goal-Setting?

- z Process that can help you _____ and feel good about _____
- z _____ *-term goals-* take a long time to reach, usually general
- z _____ *-term goals-* help you attain long-term goals, reached in short time, usually specific

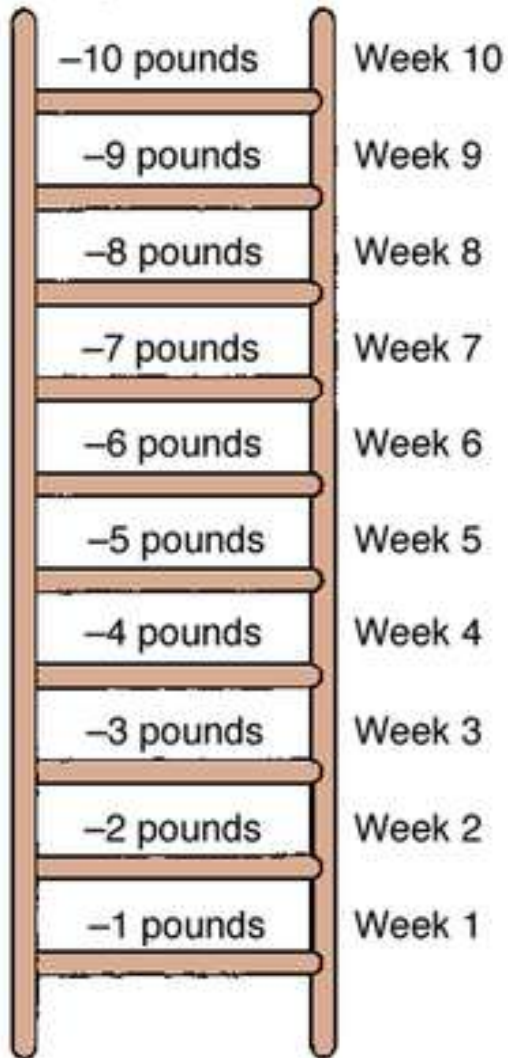
Vocabulary



Objective



Goal Setting is Like a Ladder



Top rung = long-term goal

Other rungs = short-term goals

Objective



Goal-Setting Steps

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Objective



1 of 2

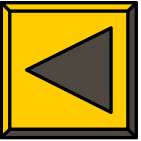
Goal-Setting Steps

7.

8.

9.

Vocabulary



10.

Objective



11.

12.

Goal Setting in Action

Case Study

Jodi

_____ year old 10th grader

5'4", _____ lbs.

mile run- _____th percentile (12:21 min)

z Fitness Goals

y _____ lbs. in 9 weeks

y run mile ____:____ faster (50th percentile)

Benefits of Jodi's Goals



- z Improved a _____
- z Less self-conscious about weight
- z Feel good about self for achieving goals
- z More _____ fit & _____ in P.E.
- z Wear at least 1 size smaller clothes
- z More _____ about tackling other
_____ in life

Goal 1 - Lose 10 lbs.



- z Monitor food & drink intake for _____ days
- z Limit _____ to <2 times/week & make healthy choices
- z Reduce _____ food, replace with _____ snacks
- z Eat at least 2 _____, 3 _____ per day

Goal 2 - Improve Mile Run

- z Buy _____ shoes
- z Walk/jog ____ times/week for _____min. at school
- z Jog continuously _____min. & reduce mile time 1 min. by end of week _____
- z Increase training runs to ____min by end week _____
- z Retake test and achieve _____ % by week _____

Did Jodi Succeed?

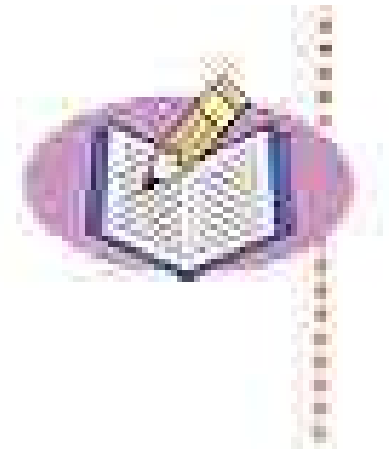
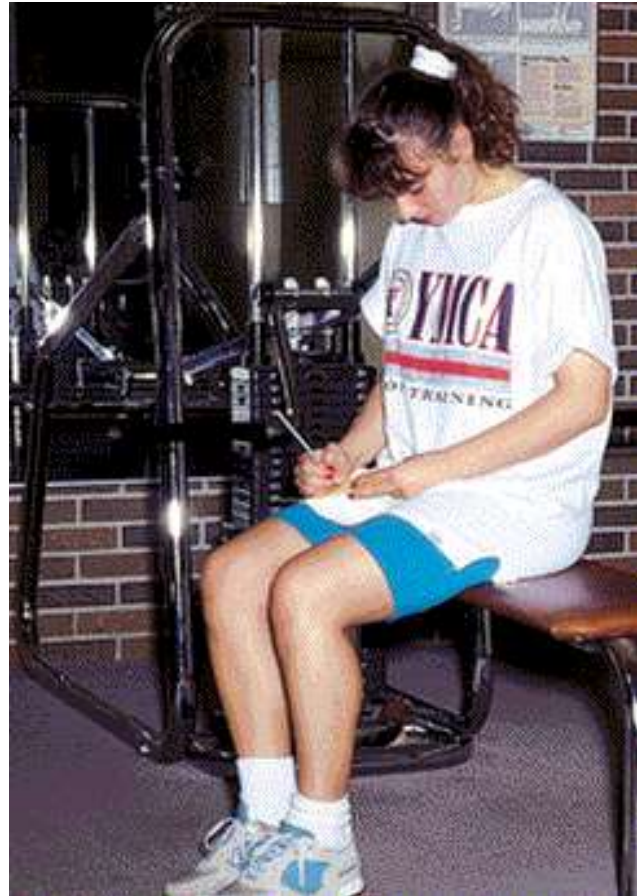
Yes!

z Reasons

- 3 desire & belief
- 3 assessed herself
- 3 identified benefits
- 3 specific plan with specific time line
- 3 monitored progress
- 3 did not give up



Record Progress Toward Goal



Summary



- z Long-term goals
- z Short-term goals
- z Steps in goal setting

Objectives



What are goals?



What is goal setting?



How can setting goals help you take control of your health & fitness?



What is the difference between long-term & short-term goals?



What are the steps necessary for successful goal setting?

Study Questions



- z The following is a list of some things that you might do as you work toward your goals.
- z Choose "T" if the statement describes something that will help you achieve your goals.
- z Choose "F" if it describes something that will not help you achieve your goals

Study Questions



True or False

- y I avoid setting time lines.
- y I list benefits I will receive.
- y I write my goals down in detail.
- y I do not worry about obstacles I may face.
- y I identify how I will benefit from accomplishing my goal

Study Questions



True or False

- y I avoid setting time lines. **false**
- y I list benefits I will receive. **true**
- y I write my goals down in detail. **true**
- y I do not worry about obstacles I may face. **false**
- y I identify how I will benefit from accomplishing my goal. **true**

Study Questions



Discussion

- y What are the steps necessary for successful goal setting?
- y Identify five goals that you would like to accomplish this year