



Name: _____

Date: _____

Fill in answers for the goals below. Having goals will help you accomplish more.

My Health Goals 200_____

1. I will eat _____ meals a day.
(1, 2, 3)
2. I will brush my teeth _____ times a day.
(0, 1, 2)
3. I will eat _____ for a healthy snack.
(fruit, candy)
4. I want to learn to play _____ for good exercise.
(what sport?)
5. I want to make _____ new friends this year.
(how many?)
6. I will wash my hands before I _____.
7. I will try to help my _____ this year.
(who?)
8. I will help the environment by _____

(picking up my trash, recycling, planting)
9. When I leave the room, I will turn the lights _____.
(on/off)
10. I can be nice to my friends by _____.