

S.M.A.R.T. Goal Design

- S. Specific
- M. Measurable
- A. Achievable
- R. Realistic
- T. Timely

--Work Sheet--

The wellness project has several steps and some questions to answer:

1. Review the wellness categories.
2. How would you rate your wellness in the categories of physical, mental, and emotional?
3. Identify which physical, mental, and emotional wellness values you want to concentrate on for personal wellness. (See list)
4. How does each wellness value you have selected relate to your dance wellness?
5. Review the personal and dance wellness goals you selected and check if these are S.M.A.R.T. goals to achieve by the end of ___ weeks
5. During the next ___ weeks you will focus and track these wellness values using S.M.A.R.T. goals to your personal and dance wellness goals.

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The teacher determines the number of goals being tracked during the project.

Goal 1:

Goal 2:

Goal 3: