



N-1-9 Goal Setting Brainstorming Worksheet for Parents

A good goal must have these three characteristics:

1) Specific and measurable

- Will both my child and I know if the goal has been met?
 - **GOOD** example: “Eat 5 servings of fruits and vegetables per day.”
 - **BAD** example: “Eat healthier.”

2) Reasonable

- Is my child likely to be successful at this goal? Is it too difficult? Too easy?
 - **GOOD** example: A child who currently watches 5 hours of TV each night sets the goal of watching only 2 hours nightly.
 - **BAD** example: A child who currently watches 5 hours of TV each night sets the goal of not watching any TV at all.

3) Makes a difference

- Will this goal make a significant impact on my child’s health?
 - **GOOD** example: A child who gets no exercise starts doing 10 sit-ups per night and a 30 minute family walk every day.
 - **BAD** example: A child starts doing 10 sit-ups per night but also eats a hot fudge sundae each night and no fruits or vegetables during the day.

Goal #1:

Is it: ____ Specific? ____ Measurable? ____ Reasonable? ____ Makes a difference?

Goal #2:

Is it: ____ Specific? ____ Measurable? ____ Reasonable? ____ Makes a difference?

Goal #3:

Is it: ____ Specific? ____ Measurable? ____ Reasonable? ____ Makes a difference?