



Complete this worksheet and turn in to your coach by \_\_\_\_\_ to get a PINK star!

Level #2

Name: \_\_\_\_\_

# I Can Do It

## Healthy Habit of the Week:

I can set a goal to make a positive change

### Key Points:

- A goal is wanting to do something then working hard to make it happen.
- It feels good to accomplish goals.
- Goals need to be clear for example: "I will walk every day to school so that I am more active."
- Healthy LifeStar goals is: working toward a healthy goal and making it happen. This goal can be about eating healthy or being active.

### Writing a new goal

Finish the sentence to create a new goal.

This week I will...




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Next time I eat dinner I will..




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