

#GOALS

Goals are...

Something you want to do. Goals take hard work.

Goals are different for everyone.



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Specific

- Activity
- Amount
 - How much?
 - How often?

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Realistic

- Is it possible?

Meet Taylor!

Taylor is a 25 year old man with Down syndrome. He wants to be more active.

Let's help him make a GOOD goal.



Taylor's goal is...

I will ride my bike around the park

(Say the activity you want to do)

3 times a week .

(Say the amount you will do the activity)



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Specific

- bike ride
- 3 times a week

+

Realistic

- YES!
- It is possible

Goals take work!

Goals should not be too EASY or too HARD.

We can write the steps to reach our goal. This is called a plan.

Taylor's Plan is...

What steps should I take to reach my goal?

1. Mark 3 days a week on the calendar to ride the bike
2. Start biking around the block for practice
3. Check the calendar and bike at the park

My goal is...

I will _____ .

(Say the activity you want to do) (Say the amount you will do the activity)

My plan is...

What steps should I take to reach my goal?

1. _____
2. _____
3. _____