

## New Year, New Goals

### Monthly Campaign Bulletin Board

The concept of the campaign this month is to provide staff and students with the opportunity to set a **SMART** goal for the new year. The goals can focus on healthy eating, physical activity or mental health.



### Classroom Instructions

Have students, staff (or both) set a SMART goal for themselves and share it on the bulletin board. They can write or draw their goal on the APPLE or speech bubble provided. Remind participants that their goal should be SMART!

- S - Specific
- M - Measurable
- A - Attainable
- R - Relevant
- T - Timely

Set a Goal

Make a Plan

Get to Work

Stick to it

Achieve

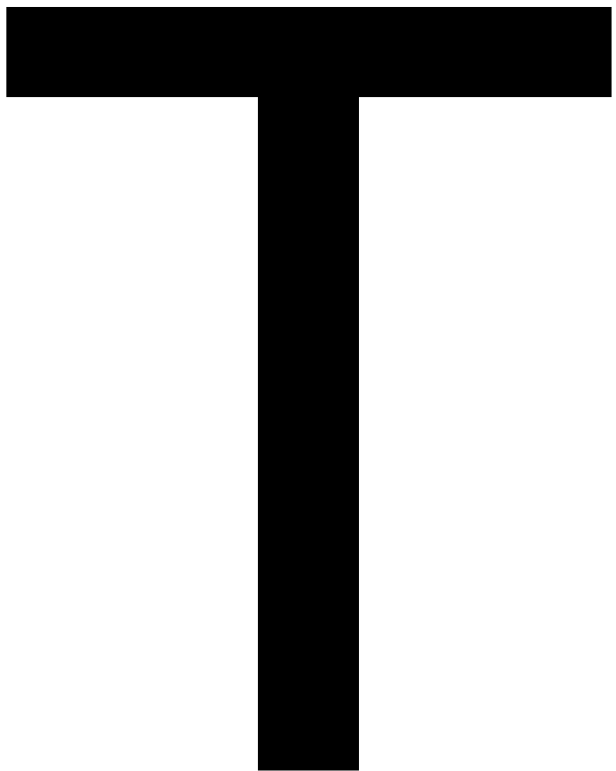
Goal!

S

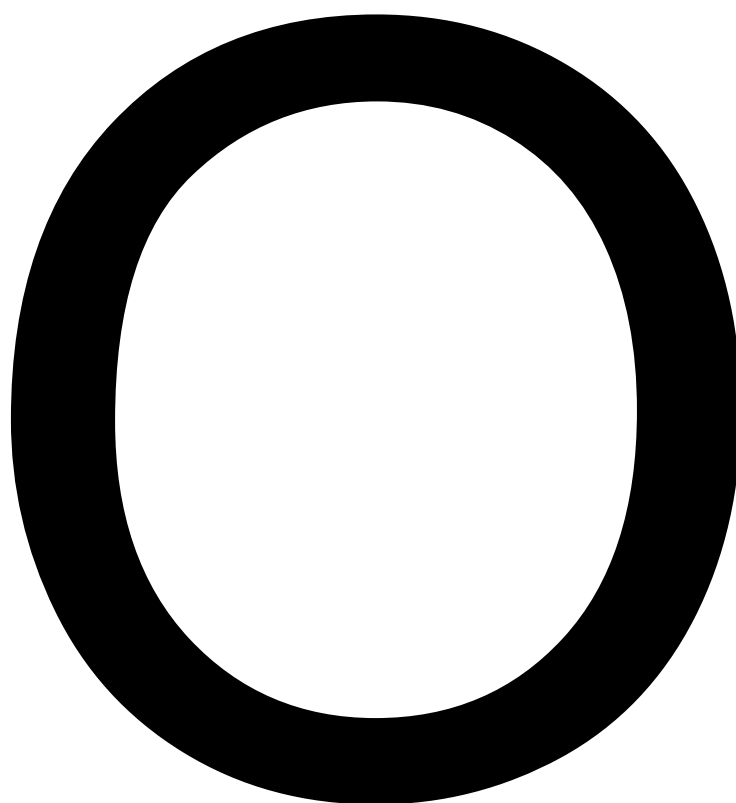
**M**

A

R



**G**



A



S

