

POWERFUL PROJECT

TEENS AND ADULTS

JANUARY
2012

HEALTH

As a leader, it's vital to get clear about your own health goals for 2012. Being healthy allows us to both be better leaders as well as better examples to others. Write down your goals, if any, in the areas below. Be sure to make these goals SMART (Specific, Measurable, Agreed-upon by all involved, Realistic & Time-based). How can your goals help to influence others who look to you for guidance?

Nutrition goal for 2012: _____

Physical goal for 2012: _____

Other health goal for 2012 (*i.e. rest/relaxation, stress management, getting control over negative behaviors, healthy sleep, cutting out toxic people in your life, controlling TV watching*): _____

Other health goal for 2012: _____

Other health goal for 2012: _____

First & Last Name: _____