

Session 12

Health Behaviors and Goal-Setting

Today's session you will be introduced to goal-setting and how we can plan to improve our health in the future. It is important to know that each one of us have different body types, different genetic factors, different lifestyles and different health options that may affect our overall health. Each one of us may look and be different and that is okay, but regardless of how we feel today or how our health is today we can always look to the future and set goals to improve our health.

Today's questions to think about assess your health as of today and where you may want to be in the future.

Where are you now in your health journey? (This question wants you to use the facts and lessons learned so far and for you to show if you are following the lessons we have learned about health.)

Do you think more about what you eat or drink than you did before? Yes / No

Where are you going? Do you have any health related goals that you can work on for the future?

Session 12 Activity

Creating a Health Goal

When thinking about what we have learned throughout this program you can see how different foods, different drinks and different snacks can impact your health in either a good way or in a negative way. In life sometimes we have goals that we wish to accomplish. Some of these goals may be for our future like what career we want to have, what college we want to attend or where we want to live or they can be more short-term like improving a grade in school, making a sports team or improving our health. We want everyone to create a health-based goal focusing on the question you answered before about where you are going on your health journey. This goal can be very simple and fun, there is no pressure on this goal and there is no right or wrong goal. This activity is just a way to introduce you to goals and show how hard work can pay off for your future.

Here are a few examples of goals from the information we have learned in this program:

1. I want to be more conscience of what I put in my body
2. I want to include more food groups in my meals
3. I want to limit my use of sugary drinks
4. I want to be more healthy

For each goal it helps to create a plan that you can follow or a guide for you to look at in order to accomplish them. These could include some steps along the way that will make your goal possible.

For goal number one here are some ways that you could accomplish that goal:

- look at the labels of the foods you eat at home and understand if they have good or not so good nutrients
- study the food groups so you know what is missing from a meal in the future
- understand what food options you have at school or other places so you can know what food groups are in each meal

These are just suggestions for that particular goal, your health goal will be different and specific to what you want. Remember there is no right or wrong goal, just try to think of something and see if you can stick with it!

Take some time to set your goal and how you will accomplish it below:

My goal is: _____

I will accomplish my goal by:

Session 12 Conclusion

Today we talked about setting a health goal and understanding how that goal can impact our future. Throughout this program we have learned a lot about health options when it comes to our food and drink. As we get older we will have more control over what we put in our bodies and it is important to understand the positive affects food can have on our development as well as the negative affects food can have if we make unhealthy or unwise choices. Also remember we each have different body types and are at different points in our health journey so there is no need to be compare yourself to anyone else as we are all unique. The important thing is to understand the affects foods can have on our health and using that knowledge to make good decisions today and in your future.

Now, please take the time to write down your session 12 response to your “What I Like About me” page.