

## **Health Notebook Setup**

**(if you already have dividers in your notebook you can simply label those dividers but still follow this outline (your page numbers will be a little different))**

- I. First 3 pages blank
- II. Who am I on page 3
  - a. First & Last name
  - b. Grade Level
  - c. Write a summary explaining why Health is essential to your life or how Health has impacted your life
  - d. Page 26 SMART goal Write a SMART goal for Health class & write a SMART goal for your own life

<b>S</b>	<b>Specific</b>	Make your goal specific and narrow for more effective planning	
<b>M</b>	<b>Measurable</b>	Make sure your goal and progress are measurable	
<b>A</b>	<b>Achievable</b>	Make sure you can reasonably accomplish your goal within a certain time frame	
<b>R</b>	<b>Relevant</b>	Your goal should align with your values and long-term objectives	
<b>T</b>	<b>Time-based</b>	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	

*e. Health Goal:*

- i. By December 4, 2023, my goal for Health class is to have a 90 or above for the semester grade.*

*f. Daily Life:*

- i. By December 4, 2023 my goal for my everyday life is to do at least 15 chores around the house without having an adult ask me to do it.*

### Assignment once you complete SMART Goal

1. Place a start by the specific portion of your goal
2. Place a box around the measurable portion of your goal
3. Explain how this is a realistic goal for you to accomplish based on the time frame and your work ethic. Example: I can accomplish this goal because I have more than three months to train consistently and the amount of growth is not too much where it cannot be accomplished.
4. It is relevant because you are in weight training class
5. Underline the time-based portion of your goal.

- III. Pages 4-23 write Do Now at the very top of each page (Not front & back)
- IV. Page 24-fold the page and create a divider-label the divider CLASSWORK
- V. Page 25 16.4 KIM Vocab Chart
- VI. Page 26 & 27 (give or take) CPR Review Questions & AED Review Questions
- VII. Page 28 & 29 (give or take) CPR with breath Review Questions & Child CPR Review Questions