

## Goal Setting Skill

# How To Get Active Every Day

### Step 1: Set a goal

I want to make  
a free throw!

I want to  
move more!

I want to  
run a mile!

### Step 2: Make a plan

Practice for 20 minutes every day.

### Step 3: Check in *Example: "Did I move today?"*

### Step 4: Think *What did you notice?*



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