

## Goal-Setting Action Plan

**Goal:**

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I will learn to swim by next summer.

**Improvement Strategies:**

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- swim faster and longer
- learn new strokes

<b>Tasks/Action Step</b> What do I have to do? List at least <b>three</b> steps. /3	<b>Timelines</b> By when? (Day/Month) List at least <b>three</b> dates. /3	<b>Resources</b> Money/Time/People/Equipment List at least <b>three</b> resources. /3
1. <u>Research where I can take swimming lessons.</u> 2. <u>Register for lessons.</u> 3. <u>Buy a bathing suit.</u>	1. <u>January 15</u> 2. <u>February 10</u> 3. <u>February 15</u>	1. <u>Swimming pool</u> 2. <u>Swimming instructor</u> 3. <u>Money to pay for lessons</u>

**Implications for Family Involvement:**

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- My parents may have to drive me to my swimming lessons.

**Evidence of Success:**

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(How will you know that you are making progress? What are your targets or checkpoints?)

- I will know that I am making progress by getting feedback from my swimming instructor.

**Evaluation Process:**

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(How will you determine that your goal has been reached? What are your measures?)

- I will know that my goal has been reached when I pass my first level in swimming.