

_____ is striving to reach new heights starting today _____!

Name

Date

S.T.R.E.T.C.H. Goal Planning Sheet

STRETCH GOALS ARE:

- S** **SMART** (Specific, Measurable, Attainable, Realistic, Timely) goals that
- T** **Teach** individuals to
- R** **Reach** their potential when they
- E** **Engage** in
- T** **Tests** and trials of
- C** **Commitment** in order to challenge previous limits and achieve
- H** **Higher** levels of success

SUBJECT/AREA	Math	Reading	Project Block
Goal (example: 1 hr. SSR outside of school, 30 points on Accelerated Reader, 4 lessons Apangea Math, full page journal reflection, etc.)			
Measurable: What will I keep track of to make sure I meet this goal?			
How does this go beyond the current requirement? (i.e. 2 more lessons than required, meets requirement for a 4 on rubric, etc.)			
Deadline: by what date will I meet this goal?			
How will I benefit by reaching this goal? (example: by choosing to read more outside of class, I will develop reading skills and reading enjoyment.)			
Tasks/short term deadlines: What steps do I need to take to reach this goal, and by when do I need to complete each step?			