

Goal Setting

Step 1: Choose a goal

Step 2: Make a plan

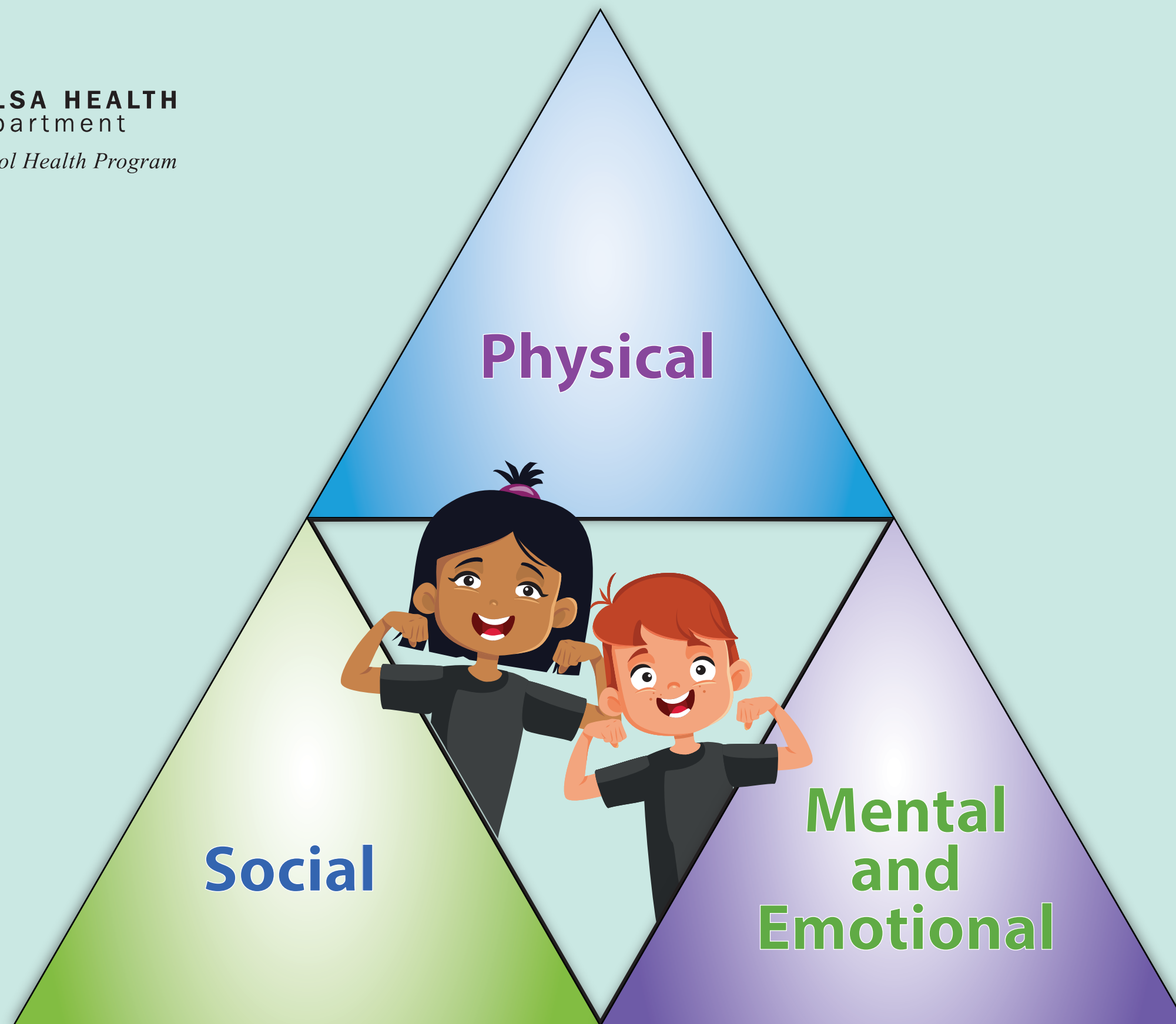
Step 3: Complete the plan

Step 4: Check your progress





TULSA HEALTH
Department
School Health Program



HEALTH TRIANGLE