

WRITE YOUR FIRST NAME

**Fill in the blank.
Finish the scripture.**

If _ _ _ carefully keep
yourselves _ _ _ _ these
things, you will prosper.
Good _ _ _ _ _ to you!

Acts 15:29

WRITE YOUR FIRST NAME

Paste the definition onto the vocabulary word.

goal

healthy



something that
you want to do

when someone
takes care of
their body

WRITE YOUR FIRST NAME

**What does
S.M.A.R.T.
stand for?**

S

M

A

R

T

WRITE YOUR FIRST NAME

**Help Esther put her goals
on her goal board.**



WRITE YOUR FIRST NAME

Your turn!
Write your health goals
on the goal board below.

