PET 451
Self-Regulation
Goal Setting Rubric

In PET 349 you identified short- and long-term goals for your physical activity and diet (PAD) patterns. This semester you will set goals and develop a plan of action based on those journal entries. The current assignment is to develop a plan of action based on your actions one year ago. A copy of this rubric is to be submitted with your written summary (no rubric, –20 points) at the beginning of class on the due date indicated on the syllabus.

Components

/190 Factors

/10 Summary of typical diet patterns from PET 349 (≤ 1 paragraph)

/10 Summary of typical physical activity patterns from PET 349 (≤ 1 paragraph)

/10 Diet goals (short-term and long-term) identified in PET 349

/10 Physical activity goals (short-term and long-term) identified in PET 349

/20 Identification of ONE physical activity-related behavior you want to change

/50 Explain the need to change this behavior and the impact this change will have on your teaching

/20 State ONE specific goal you want to achieve this semester (related to above behavior)

/60 Specifically outline the steps you plan to implement to achieve this goal and identify a timeline for the achievement of these steps

/60 Writing

/20 Organization (paragraph format, no bullets)

/20 Spelling and grammar

/20 Writing clarity

Additional comments:__________________________________________________________________________

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TOTAL GRADE:_____/200