

**Video 9**

# ***Goals for Healthy Eating***

## **Preview**

1. What obstacles might prevent people from reaching their goals?

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## **Explore**

2. What two goals did Aaron set for himself? List three factors that contributed to Aaron's success in reaching his goals.

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3. What did Kelly learn about goal-setting from her experience with fad dieting? How did she adjust her plan?

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4. If you were Ashley, describe the steps you would take to cut down on the amount of soda you drink. What obstacles would you need to overcome to reach your goal?

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5. How did having the support of her mother help Brittanie get her diabetes under control?

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6. In what other ways could family and friends support people like Brittanie and Matt in reaching their dieting goals?

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## **Wrap-Up**

7. What strategies do you use for achieving goals?

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## **Connect to Your Life**

8. List three things you learned about goal-setting from this video.

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### Additional Discussion Questions

1. Do you think that Matt will succeed in reaching his goals?
  - a. yes
  - b. no
2. The reaction of students in Matt's school—teasing him and saying, "You're never going to make it,"—is
  - a. typical of how teens react.
  - b. *not* typical of how teens react.
3. How successful have you been in achieving goals that you have set for yourself?
  - a. very successful
  - b. somewhat successful
  - c. not successful
4. Which teen do you think faced the most difficult goal to reach?
  - a. Matt
  - b. Aaron
  - c. Kelly
  - d. Ashley
  - e. Brittanie
5. Why do you think that fad diets appeal to teens trying to lose weight?
  - a. They promise quick weight loss.
  - b. They don't require long-term changes.
  - c. They are "popular" with other teens.
6. Do you think Brittanie could have reached her goal without her mother's support?
  - a. yes
  - b. no
7. Which of these are you *most* likely to do when you set a goal for yourself?
  - a. break down the goal into smaller goals
  - b. set a realistic deadline
  - c. replace bad habits gradually
  - d. enlist the support of friends and family
8. Which of these are you *least* likely to do when you set a goal for yourself?
  - a. break down the goal into smaller goals
  - b. set a realistic deadline
  - c. replace bad habits gradually
  - d. enlist the support of friends and family
9. Who are you most likely to turn to for support in reaching a goal that you've set?
  - a. friend
  - b. parent
  - c. other relative
  - d. teacher or coach
  - e. religious leader
  - f. no one
10. Which of the following factors do you think played the biggest role in Matt's success in reaching his goals?
  - a. his maturity and determination
  - b. his concerns about his health and his future
  - c. his goal-setting strategy
  - d. the support of family and friends
11. Which of the following factors plays the biggest role in helping you succeed in reaching your goals?
  - a. your maturity and determination
  - b. concerns about your health and your future
  - c. your goal-setting strategies
  - d. the support of family and friends