

Montana Health Education Standard 6

The Health Literate individual will demonstrate the ability to use goal-setting skills to enhance health.



https://www.google.com/search?safe=strict&biw=1366&bih=625&tbm=isch&sa=1&ei=Ea4KXfffEYmLOgKs36CgCQ&q=goal+setting&oq=goal+setting&gs_l=img.3..35i39j0l9.6825.8075..9352...0.0..0.81.680.9.....0....1..gws-wiz-img.....0i8i30j0i24.AVPbQ8-PjQ#imgcr=kVUhDdczsbXWfM: