

First Name: _____

Last Name: _____

REC1050-1/22 – Evaluating Personal Goal Setting Strategies

/6 marks

Evaluating Personal Goal Setting Strategies (Athletic)

I set clearly defined goals for my **athletic** pursuits.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5



I track my progress towards my goals for my **athletic** pursuits.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5

I feel motivated to meet my **athletic** goals.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5

Give a detailed description of your **athletic** goal-setting strategies:

	3	2	1	0
Evaluating Personal Goal Setting Strategies (Athletic)	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>

Evaluating Personal Goal Setting Strategies (Academic)

I set clearly defined goals for my **academic** pursuits.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5



I track my progress towards my goals for my **academic** pursuits.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

I feel motivated to meet my **academic** goals.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

Give a detailed description of your **academic** goal-setting strategies:

	3	2	1	0
Evaluating Personal Goal Setting Strategies (Academic)	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>