

Small changes planning sheet



What is your overall target?

This could be a personal target, a class target, or if do-able and achievable, you could aim for a whole school target.

Example	Target	Target
<p>Month/week: <i>20-25 May</i></p> <p>Objective: <i>Walk 2,000 steps extra 3 days this week.</i></p> <p>Activity: <i>Get up earlier to walk in on Mon, Weds and Fri, with two friends.</i></p> <p>When might you need to See, Think, Speak? <i>If a friend wants to take the risky shortcut where there is no pedestrian crossing.</i></p>	<p>Month/week:</p> <p>Objective:</p> <p>Activity:</p> <p>When might you need to See, Think, Speak?</p>	<p>Month/week:</p> <p>Objective:</p> <p>Activity:</p> <p>When might you need to See, Think, Speak?</p>
Target	Target	Target
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