

## Get Up & Goal Program



**Purpose:** Three Fires Council has developed this program in the hopes of teaching children how to set goals for themselves while encouraging a healthy lifestyle. Children will learn how to set short, intermediate and long-term goals while being motivated to get up, and get fit.

**Suggestions to Parents & Leaders:** What sets this program apart from the fitness/health achievements in each level of Cub Scouting is the introduction of goal setting. This can very easily be added to the den meeting that works on those achievements, allowing the boy(s) to earn the main patch. Get Up & Goal is designed with a lot of flexibility; allowing the child to work on goals that best suit

the child, so that a set of goals that would be appropriate for one child may not be for another. Goals should be set according to a child's capabilities, yet challenging them at the same time. **It is important to note that the goal being met is not as important as the process of setting the goal and working toward it.** Working on more than one goal at a time can easily be obtained, encouraging the child to get up and get moving multiple times a day.

**Directions:** First pick a goal. It should be something you don't or can't do, such as "Walk the dog 5 days a week". Write it on top. Then figure out how you are going to meet that goal by breaking it down into steps you think you can manage. A short-term goal would be something you can try to do right away, like walk the dog 15 minutes a day twice in a week. You can keep track of how often you walked the dog in the space provided under the goal. An Intermediate goal is something you'd like to be able to do but it won't happen right away. It may take you a couple of weeks to get to that point. In this case a good intermediate goal would be to walk the dog Monday, Wednesday, and Friday or 3 days a week. Finally, the Long-term goal would be to walk the dog Monday thru Friday or 5 days a week. The point is YOU set the Goal and YOU set the limit (how far, how long etc) Then evaluate whether you met your goal or not. As in this example, what if your dog got hurt or you had 4 baseball games last week? You may not be able to reach your written goal. It's important to understand that you can't always control outside influences or factors that may cause you not to reach your goal. **The only failure is failing to try.** Once you've tried these steps you have completed the requirements and can add another segment around the Goal Patch!

### Earning the Get Up & Goal patch:

1. Discuss with an adult the purpose of goal setting.
2. With the purpose of this program in mind, discuss the definition of short-term goal(s), intermediate term goal(s), and long-term goal(s).
3. Discuss how to set realistic goals.
4. Define your first set of short term, intermediate, and long term goals to work on.

**Segments:** For each goal the child sets, and works towards, a segment can be earned. Again, meeting the goal is not the requirement of earning the segment, only working towards it. Also, multiple goals can be worked on at one time.

## Get Up & Goal Chart

GOAL:	Did you meet Your goal? Yes or No	Why or Why Not?
SHORT TERM:		
(Use this space to record dates or times if needed)		
INTERMEDIATE:		
LONG TERM:		

### Suggested Segment Ideas:

- Set goals for a sport that you are involved in. (#57 Baseball, #61 Tennis, #68 or #183 Swimming/Pool, #75 Bowling, #79 Soccer, #100 Football, #101 Basketball, #126 Hockey, #157 Golf, #179 Martial Arts, #194 Volleyball.
- Walk a dog, gradually increasing how many times a week the dog is walked (#155 Dog)
- Set goals to do physical chores (#19 Axe) Such as: Mowing the lawn, Washing cars, Weeding, Raking leaves ((#96C), Vacuuming,
- At any of the following ranges, set for yourself improvement goals: Archery (#135), Shooting (#137) and Orienteering (#111)
- Distance goals in any of the following activities: Walking (#21), Running (#27), Hiking (#69), Backpacking (#182), Biking (#55A or #55B), Canoeing (#60), Roller skating (#84A), Rollerblading (#84B)
- Shovel snow, setting goals to shovel a little further each time (Snowflake #7)
- Set goals for healthier eating such as: cutting down junk food/beverages, drinking more water, increasing fruit/vegetable intake, introduce new types of healthy food (Apple #108)
- Talk to other children or adults about staying drug free. Decide how many people you are going to discuss this with. (NO #106)
- Plan an activity to get the whole family moving so many times a month (Family #199)

\*Remember the possibilities are endless!!! Don't forget to use your imagination! Set some goals and get moving!