

Name: _____

What's a W.I.G.?

Jessica has a lot going for her. She has many friends, is involved in student council at school and plays the piano.

However, Jessica is a very picky eater. She doesn't like any of the lunch choices at school and her mom stopped making her lunch when she came to middle school. To make it through the day, she buys candy and soft drinks from the machine. When she doesn't have any money, she asks her friends to lend her a few bites of their sandwiches or chips, but they are starting to be annoyed with her constant borrowing of food. When she gets home from school, she is really hungry, so she makes herself an extra-large bowl of ice cream because it's fast.

By the time dinner is on the table, Jessica is not hungry, so she watches t.v. and does her homework while her family eats in the other room. She grabs a snack right before bedtime, but it's not enough, and she always falls asleep with a grumbling tummy.

Since her hunger was affecting everything, she wanted this to be a W.I.G.: a Wildly Important Goal.

She wrote an **X to Y by WHEN** format.

X = Starting point, Y= Goal, When= Deadline

First, she found a **measurable part** of the goal.

X = skipping lunch **every day**, snacking on unhealthy food **twice a day**

Then, she decided **what she wanted to achieve**.

Y = eating a healthy lunch **four times a week** and snacking on unhealthy food **one time each day**

Finally, she decided on a **deadline**.

When = implement this plan regularly **by the end of the month**

Her **Wildly Important Goal** looks like this:

I will go from skipping lunch and snacking on unhealthy food **to** eating a healthy lunch four times a week and snacking one time each day **by** the end of the month.

What are some action steps that Jessica can take to reach her goal?

1. _____

2. _____

3. _____